

Makes 12 servings

Ingredients

nonstick cooking spray

½ cup unsalted butter, cut into ½-inch slices

²/₃ cup yellow cornmeal

1 1/3 cups flour

1 tablespoon baking powder

½ teaspoon salt

1/4 cup sugar

2 large eggs

1/2 cup 2% milk

1/4 cup low-fat buttermilk

Directions

- I. Preheat oven to 350 F.
- 2. Spray muffin pan with nonstick cooking spray. Set aside.
- 3. Place sliced butter in a microwave-safe bowl. Microwave (uncovered) on high until melted (about 30 to 45 seconds). Set aside to let cool.
- 4. In a large bowl, combine cornmeal, flour, baking powder, salt and sugar. Set aside.
- 5. Place eggs in a small bowl. Whisk lightly. Add milk and buttermilk. Whisk lightly again. Add melted butter and whisk slightly once more.

(directions continued on back)

SIDE DISH





Directions (continued)

- 6. Using a spatula, create a well by pushing the dry ingredients toward the walls of the bowl. Pour the wet ingredients into the well and stir until just blended. (It's OK to have some small lumps in the batter.)
- 7. Spoon the batter into the muffin cups, filling each cup ¾ full. Place in the oven and bake for 15 to 20 minutes or until tops of muffins are golden. Muffins are done when a toothpick inserted into the center of a muffin comes out clean.
- 8. Let cool slightly and serve warm.

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Nutrition Facts

Serving Size 1 muffin (59g) Servings Per Container 12

Calories 180	Calories from Fat 80
	% Daily Value
Total Fat 9g	14%
Saturated Fat 5	ig 25 %
Trans Fat 0g	
Cholesterol 55m	g 18%
Sodium 280mg	12%
Total Carbohydra	ate 21g 7%
Dietary Fiber 1	g 4%

Sugars 5g Protein 4g

depending on	Calories:	2,000	2,500
depending on			
diet. Your dail	/ Values are ba y values may b	e higher o	
Calcium 1	0% •	Iron 8%	

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	n:		

Recipe contains: wheat, milk, corn, eggs

Carb choices per serving: 1 ½