

# Bacon-Cheddar Corn Muffins

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**Servings: 12**

**Preparation Time: 15 minutes**

**Start to Finish Time: 40 minutes**

**TIPS FOR PERFECT MUFFINS**

1. Leave a few lumps. Overstirring can toughen a muffin.
2. Spray the liners with cooking spray before adding batter.
3. Check for doneness early (about 5 minutes before specified time) since ovens can vary.
4. Cool in the pan for 5 minutes, then eat warm or remove to a rack so muffins don't get soggy.
5. Store correctly so muffins stay fresh. Keep in an airtight container for a day or two. Or wrap individually in plastic wrap, place all in a zip-top bag, and freeze up to one month. Thaw at room temperature or in microwave for 10 to 30 seconds.

**1 cup all-purpose flour**

**3/4 cup yellow cornmeal**

**1/2 cup (2 oz) sharp cheddar cheese, shredded**

**2 tablespoons sugar**

**1 teaspoon baking powder**

**1 teaspoon baking soda**

**3/4 teaspoon ground cumin**

**1/4 teaspoon salt**

**4 center-cut bacon slices, cooked, drained and crumbled**

**1 jalapeno pepper, seeded and minced**

**1 1/4 cups low-fat buttermilk**

**1/4 cup canola oil**

**1 large egg, lightly beaten**

Preheat oven to 375 degrees.

Lightly spoon flour into dry measuring cup; level with a knife. Combine flour, cornmeal, cheese, sugar, baking powder, baking soda, cumin and salt in a large bowl, stirring with a whisk. Stir in bacon and jalapeno; make a well in center of mixture.

Combine buttermilk, oil and egg in a bowl, stirring well with a whisk. Add buttermilk mixture to flour mixture, stirring just until moist.

Place twelve muffin-cup liners in muffin cups; coat with cooking spray. Divide batter among muffin cups.

Bake for 15 minutes or until a wooden pick inserted in center comes out clean.

Cool 5 minutes in pan on a wire rack.

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Per Serving (excluding unknown items): 112 Calories; 7g Fat (53.3% calories from fat); 3g Protein; 10g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 226mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.