

Tuscan Lemon Muffins

Cooking Light Magazine

Servings: 12

Preparation Time: 13 minutes

Start to Finish Time: 29 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 3/4 cups all-purpose flour

3/4 cup granulated sugar

2 1/2 teaspoons baking powder

1/4 teaspoon salt

3/4 cup part-skim ricotta cheese

1/2 cup water

1/4 cup olive oil

1 tablespoon grated lemon rind

2 tablespoons fresh lemon juice

1 large egg, lightly beaten

cooking spray

2 tablespoons turbinado sugar

Preheat oven to 375 degrees.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder and salt; make a well in center.

Combine ricotta, water, olive oil, lemon rind, lemon juice and egg. Add ricotta 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. Sprinkle turbinado sugar over batter.

Bake for 16 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack.

Per Serving (excluding unknown items): 191 Calories; 6g Fat (29.5% calories from fat); 4g Protein; 30g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 172mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates.