

Misc.

Jalapeno Corn Muffins

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Preparation Time: 5 minutes

Start to Finish Time: 20 minutes

Bake Time: 18 minutes

Muffins can be stored at room temperature for up to one day.

2 boxes (8.5 oz) corn muffin mix

2 large eggs

1 cup nonfat greek yogurt or lowfat sour cream

2 scallions, chopped

1 large jalapeno pepper, seeded and finely chopped

Preheat oven to 400 degrees.

Line a 12-cup muffin tin with liners.

Prepare the muffin mix according to package directions, omitting the milk and using only the eggs and yogurt. Mix in the scallions and jalapeno. Divide the batter among the muffin cups and bake until a toothpick inserted in the center comes out clean, 15 to 18 minutes.

Yield: 12 muffins

Per Serving (excluding unknown items): 1106 Calories; 38g Fat (30.8% calories from fat); 29g Protein; 161g Carbohydrate; 16g Dietary Fiber; 424mg Cholesterol; 2656mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 6 Fat; 10 1/2 Other Carbohydrates.