

### Cheese 'n' Jalapeno Corn Muffins

- 1 cup all-purpose flour
- $\frac{3}{4}$  cup yellow cornmeal
- 3 tablespoons granulated sugar
- 2  $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon ground red pepper (optional)
- 1 beaten egg
- $\frac{3}{4}$  cup milk
- $\frac{1}{3}$  cup cooking oil
- $\frac{1}{2}$  cup shredded cheddar or Monterey Jack cheese (2 ounces)
- 2 tablespoons canned chopped jalapeno or green chili peppers (if out of season) or 2 tablespoons chopped fresh jalapenos (if in season)

1. Grease twelve 2  $\frac{1}{2}$  inch muffin cups; set aside.
2. In a medium mixing bowl stir together the flour, cornmeal, sugar, baking powder, salt, and ground red pepper (if desired). Make a well in the center of dry ingredients; set aside.
3. In another medium mixing bowl combine the egg, milk, and oil. Add egg mixture all at once to the dry ingredients. Stir just until moistened. Fold in cheese and peppers.
4. Spoon batter into prepared muffin cups, filling each two-thirds full. Bake in a 400 degree oven for 20 to 23 minutes or until golden. Cool in muffin cups on a wire rack for 5 minutes. Then remove muffins from muffin cups. Serve warm. Cover and store any leftovers at room temperature or in the refrigerator for up to 3 days.  
Makes 10 to 12.

Nutrition facts per muffin: 198 calories, 5 g protein, 22 g carbohydrate, 10 g total fat (3 g saturated), 29 mg cholesterol, 195 mg sodium, 1 g fiber.