Easy Jalapeño Cornbread Muffins

Ingredients:

1 cup yellow cornmeal

1 cup all-purpose flour

1/4 cup sugar

1 tablespoon baking powder

1/4 teaspoon salt

1 cup milk

2 eggs

4 tablespoons unsalted butter, melted

1/2 cup corn

1/4 cup shredded cheddar cheese

1 large jalapeño pepper, finely diced

Source: www.isabeleats.com

Directions:

- 1. Preheat oven to 375° F and line a muffin tin with parchment paper muffin cup liners.
- 2. In a mixing bowl whisk together the cornmeal, flour, sugar, baking powder, and salt.
- 3. In a separate bowl, mix together the milk, eggs, and melted butter. Fold in the corn, shredded cheese, and diced jalapeño.
- 4. Add the wet ingredients with the dry ingredients and stir until well combined.
- 5. Pour the mixture evenly into the muffin cups.
- 6. Bake for 15 minutes or until toothpick inserted in the center comes out clean.
- 7. Remove the muffins from the pan and allow to cool slightly.

Serving Size Servings Per			
Amount Per Sei	rving		
Calories 160	0 Calo	ories fron	n Fat 50
		% Da	ily Value
Total Fat 6g	9%		
Saturated		15%	
Trans Fat	0g		
Cholesterol		13%	
Sodium 200		8%	
Total Carbo	hydrate 2	22g	7%
Dietary Fil		4%	
Sugars 50	1		9000
Protein 4g			
Vitamin A 6%	6 • '	Vitamin (2%
Calcium 6%	•	Iron 4%	
*Percent Daily Va diet. Your daily va depending on yo	alues may be	e higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Fat 9 · Carbohydrate 4 · Protein 4

For more information, please contact:

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