



Mega-Cheese Muffin

Description

A nutritious breakfast muffin that's chock full of cheese.

Ingredients

- Nonstick cooking spray
- 1 box corn muffin mix; batter prepared according to package directions
- 1-1/2 cups Cheddar cheese, reduced fat, reduced sodium, shredded
- 3/4 teaspoon onion powder
- 3/4 teaspoon garlic powder
- 3 eggs, large

Instructions

1. Heat oven to 375°F.
2. Coat 12 standard-size muffin tins with nonstick cooking spray.
3. In a large bowl, combine muffin batter with Cheddar cheese, onion powder and garlic powder. (See photo #1)
4. In another bowl, whisk eggs until the yolks and whites are completely incorporated.
5. Place 2 tablespoons of muffin-cheese batter in each tin, making a small well in the center. (See photo #2)
6. Place 1 tablespoon of egg in the well of the muffin-cheese batter in each tin. (See photo #3)
7. Top the egg with 1 tablespoon of the remaining muffin-cheese batter. (See photo #4)
8. Bake the muffins for about 15 – 18 minutes or until a toothpick inserted in the muffin center comes out clean.

Notes:

- For more flavor, a “ranch” seasoning blend of 1 teaspoon each dried dill, garlic powder, onion powder and 1/2 teaspoon dried basil can be added to the batter.
- Cooked ground sausage can be used in place of whisked egg in the center of muffin. Use 1 tablespoon sausage per muffin. (“Ranch” seasoning not recommended when using sausage.)



Makes 12 Servings
Prep Time: 20 min
Cook Time: 18 min

Nutrition

Calories: 165
Total Fat: 9g
Saturated Fat: 3g
Cholesterol: 75mg
Sodium: 275mg
Calcium: 15% Daily Value
Protein: 6g
Carbohydrates: 15g
Dietary Fiber: less than 1g

Photo #1



Photo #2



Photo #3



Photo #4

