



CORNBREAD MUFFINS

with poblano peppers

INGREDIENTS

- 1 poblano pepper
- 1 package (8.5 ounce) Jiffy Corn Muffin Mix
- 1 egg
- 1/3 cups milk
- 3/4 cups shredded cheese
- 1 cup canned sweet corn



DIRECTIONS

1. Preheat oven to 350°F and spray muffin tin with non-stick spray.
2. Slice poblano peppers in half, lengthwise, and remove seeds and ribs. Chop into small pieces and set aside.
3. Prepare cornbread with milk and egg as directed on Jiffy box.
4. Add cheese, corn, and peppers to the batter.
5. Pour batter into prepared muffin tins, filling each about 2/3 full.
6. Bake 12-16 minutes or until the tops are golden brown in color. Serve as a side with chili or soup, or top with butter and honey for a snack!

Nutrition Facts

Serving Size: 1 muffin
Servings per recipe: 6 muffins

Calories: 179, protein: 8 g, total fat: 7 g,
carbohydrates: 21 g, sodium: 388 mg