

## **Southwestern cornmeal muffins**

**Tip:** Stone-ground cornmeal — dried corn that has been ground into a grain — includes the nutritious bran and hull, making it a good source of nutrients, including fiber, vitamin C and potassium.

MAKES 12 MUFFINS

### **Ingredients**

1 cup all-purpose (plain) flour  
1/4 cup sugar  
2 teaspoons baking powder  
1 cup fat-free milk  
4 tablespoons trans-free margarine, melted  
1/2 cup egg substitute  
1 1/4 cups stone-ground cornmeal  
1 cup fresh or cream-style corn  
1/2 green bell pepper, chopped

### **Directions**

Preheat the oven to 400 F. Line a muffin pan with paper or foil liners.

In a large bowl, add the flour, sugar and baking powder. Stir to mix evenly.

In a separate bowl, combine the milk, margarine, egg substitute, cornmeal, corn and green pepper. Add to the flour mixture and blend just until moistened but still slightly lumpy.

Spoon the batter into muffin cups, filling each cup about 2/3 full. Bake until golden brown, about 20 to 25 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.

### **Nutritional Analysis**

(per serving)

Serving size: 1 muffin			
Calories	161	Cholesterol	trace
Protein	4 g	Sodium	200 mg
Carbohydrate	27 g	Fiber	3 g
Total fat	4 g	Potassium	96 mg
Saturated fat	1 g	Calcium	38 mg
Monounsaturated fat	1 g		

### DIABETES MEAL PLAN EXCHANGES

Starches	2
Fats	1