

## Whole Corn and Green Chili Muffins

*This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.*

### Ingredients:

Oil spray (optional)  
 1/2 cup whole-wheat flour  
 1/2 cup flour  
 3/4 cup whole-grain corn meal  
 2 tablespoon sugar  
 1 tablespoon baking powder  
 1 teaspoon salt  
 1/4 teaspoon cayenne pepper or to taste  
 1 egg  
 3/4 cup + 2 tablespoons fat free milk  
 1/3 cup vegetable oil  
 1 - 8 ounce can whole kernel corn, well drained  
 1 - 4.5 ounce can diced green chilies, well drained  
 1/2 cup shredded cheese (optional)

### Directions:

1. Preheat oven to 400°.
2. Lightly coat a 12-cup muffin pan with vegetable spray or line with paper.
3. In medium bowl, mix together flours, cornmeal, sugar, baking powder, salt and cayenne.
4. In separate bowl, lightly beat egg. Add milk, oil, corn and chilies.
5. Add wet ingredients to dry ingredients, stirring just until combined.
6. Lightly mix in cheese.
7. Fill each muffin 3/4 full.
8. Bake for 20 minutes or until toothpick inserted in center comes out clean.

### Bright Ideas:

### Nutrition Facts

Serving Size 1 muffin (78g)  
 Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	

#### Protein 3g

Vitamin A 2% • Vitamin C 6%  
 Calcium 8% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

12 servings, 1 muffin each

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>