

Ham and Cheese Muffins - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 20 minutes cook

Ingredients:

2 cups flour

1 tablespoon baking powder

1/2 teaspoon salt

1 egg

1 cup buttermilk

1/4 cup vegetable oil

8 ounces ham steak, boneless, diced

1 1/2 cups Cheddar cheese, grated

Cooking Directions:



Heat oven to 400 degrees F. Lightly grease and flour 12 regular muffin tins. In a large bowl stir together the flour, baking powder and salt; set aside. Whisk together the egg, buttermilk and oil in a small bowl. Stir in the ham and cheese. Using a rubber spatula, stir the egg mixture into the dry ingredients just until combined. Do not overmix. Spoon into each of the prepared muffin tins approximately 3/4 full. Bake until golden brown, about 20 minutes. Remove from muffin tin and let cool.

Makes 12.

-Bacon and Cheese Muffins: Substitute 6 slices bacon, diced and panbroiled, for ham.

-Sausage and Cheese Muffins: Substitute 8 ounces pork sausage, cooked, crumbled and drained, for ham.



Nutrition:

Calories: 230 calories

Protein: 14 grams

Fat: 12 grams

Sodium: 750 milligrams

Cholesterol: 50 milligrams

Saturated Fat: 4 grams

Carbohydrates: 17 grams

Fiber: 0 grams

