

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



TOP DOG CORN MUFFINS

While giving a radio interview in Minneapolis, Missy was challenged to take corn dogs, their favorite county fair fare, and remake them healthier at home. The first thing she threw out was the deep-frying—even a Sneaky Chef can't make healthy out of that. But once she transformed corn dogs into muffins, she could sneak in whole grains, veggies, and calcium while retaining the traditional great taste of hot dogs and cornbread. This complete meal in a muffin makes a fun dinner on the run or lunchbox sandwich alternative.

This recipe is not advised for kids under 3, as hot dogs can pose a choking hazard.

Makes 8 muffins

- 1 large egg
- 2 tablespoons sugar
- 2 tablespoons butter, melted
- 1/2 cup White Puree (See Make-Ahead Recipe #4, p. 260)
- 6 tablespoons low-fat milk
- 1/2 cup grated low-fat cheddar cheese
- 2 hot dogs, cut in half lengthwise, and chopped into small pieces
- 1/2 cup yellow cornmeal
- 1/2 cup Flour Blend (See Make-Ahead Recipe #8, p. 265)
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda

Preheat oven to 375 degrees and line a muffin tin with paper liners. Spray liners lightly with cooking spray oil.

In a large mixing bowl, whisk together the eggs and sugar until well combined, then whisk in the melted butter, White Puree, milk, cheese, and hot dog pieces. In another mixing bowl, whisk together the cornmeal, Flour Blend, baking powder, salt, and baking soda. Fold the wet ingredients into the dry and mix until flour is just moistened (don't over-mix or the muffins will be dense).

Scoop the batter into muffin tins, filling just to the top. Bake for 22 to 24 minutes, until tops are golden brown and a toothpick inserted in the center comes out clean.

Nutritional Information

Per Serving (1 muffin, 71g): Calories 138; Total Fat 5g; Fiber 1g; Total Carbohydrate 18g; Sugar 4g; Protein 7g; Sodium 288mg; Cholesterol 42mg; Calcium 110mg

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