

Southwest Corn Muffins

1 c. yellow corn meal
1 c. flour
1 tbs. baking powder
2 tbs. sugar
1 egg
1 c. milk
1 c. creamed corn
1 can Spam Lite ® (12 oz) diced into 1/4 inch pieces
1 can diced mild green chilies (4 oz)
1/2 c. jalapeno cheese, grated
1/2 c. diced red bell pepper

Combine dry ingredients in bowl and mix well. Beat egg and milk together; add corn. Mix well. Add bell pepper, green chilies and cheese to dry ingredients, then add SpamLite ® that you have browned and drained on paper towels. Stir until just mixed. Pour into greased pans. Bake at 400 °for 30 mins or until toothpick in center comes out clean.

NOTE: This makes 6 very large muffins, 12 regular muffins or 24 very small muffins. You can also use an 8 inch square pan for the above batter. Serve with a nice green salad.