

# Garlic Parmesan Popovers

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**Servings: 6**

*With eggs and flour and little else, popovers make any meal special. In a puff of steam, crispy outsides give way to soft and slightly custardy insides.*

*You can bake the popovers in a special popover pan but twelve standard-size muffin cups work well also. Either way, preheat the cups so the batter can crawl up the sides and rise to glory.*

**3/4 cup all-purpose flour**  
**1/4 cup whole-wheat flour**  
**1/4 teaspoon salt**  
**2 to 3 tablespoons freshly grated parmigiano Reggiano cheese**  
**1 medium clove garlic, very finely minced**  
**1 cup 2% reduced-fat milk**  
**1 tablespoon unsalted butter, melted**  
**2 eggs, beaten**

Preheat the oven to 450 degrees.

In a bowl, stir together the flours, salt and cheese.

In a large glass liquid measuring cup or bowl, add the garlic to the milk and heat the milk until just lukewarm, about 30 seconds in the microwave. Whisk in the butter and then the eggs. Gradually add the flour mixture, stirring with a whisk.

Place the popover pans or muffin tins in a preheated oven for 3 minutes. Remove from the oven and spray liberally with cooking spray. Divide the batter among cups, filling until half full.

Bake for 10 minutes. Reduce the heat to 350 degrees and bake for 15 to 20 minutes, until golden. (The insides should be soft but not gummy.)

Remove from the pans and serve immediately. The popovers will deflate.

Makes six full-size popovers or twelve muffin-size popovers.

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Per Serving (excluding unknown items): 116 Calories; 4g Fat (29.8% calories from fat); 4g Protein; 16g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 113mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.