

Misc.

Green Onion and Cheddar Popovers

Better Homes and Gardens Garden Fresh Recipes - July 2011

Preparation Time: 10 minutes

Bake Time: 25 minutes

nonstick cooking spray

1 cup all-purpose flour

1/2 teaspoon salt

2 eggs

1 cup milk

1 cup (4 oz) sharp Cheddar cheese, shredded

3 green onions , chopped

Preheat the oven to 450 degrees.

Coat eight cups of a popover pan or eight 2 1/2-inch muffin cups with cooking spray. Fill any empty cups with 1/2-inch of water so that the pan does not burn.

In a medium bowl, whisk together the flour and salt.

In a second bowl, whisk together the eggs and milk.

Add the egg mixture to the flour mixture. Stir just until mixed. Stir in the cheese and green onions..

Fill the prepared cups about 3/4 full (about 1/3 cup batter in each).

Bake for 15 minutes. Reduce oven temperature to 350 degrees.

Bake for 10 to 15 minutes more or until browned and puffed. Do not open the oven door until the end of baking time or popovers will collapse.

Remove the popovers from the oven and immediately remove from the pan. Pierce the sides once with a knife to remove steam.

Serve warm.

If necessary, reheat the popovers in a 350 degree oven for 5 minutes to crisp the outside edges.

Yield: 8 popovers

Per Serving (excluding unknown items): 1209 Calories; 57g Fat (42.8% calories from fat); 62g Protein; 109g Carbohydrate; 3g Dietary Fiber; 576mg Cholesterol; 2032mg Sodium. Exchanges: 6 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 Non-Fat Milk; 7 Fat.