

# Green Chile and Cheddar Cornbread Muffins

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**Yield: 12 muffins**

*nonstick cooking spray*  
1 1/3 cups yellow cornmeal  
2/3 cup all-purpose flour  
1 teaspoon Kosher salt  
1 cup buttermilk  
2 large eggs, whisked  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 1/2 cups grated cheddar cheese  
1 can (4 ounce) chopped green chilies, undrained  
6 tablespoons butter, melted  
softened butter (for serving)

**Preparation Time: 10 minutes**

**Cook Time: 15 minutes**

Preheat the oven to 425 degrees. Prepare a muffin tin with cooking spray.

In a large bowl, combine the cornmeal, eggs, baking powder and baking soda. Whisk with a fork to combine.

Pour the buttermilk mixture into the dry mixture. Stir with a fork until combined. Fold in the cheese, green chilies and melted butter until just combined.

Portion the batter into the prepared muffin tins.

Bake until a toothpick inserted into the middle comes out clean, about 15 minutes.

Serve warm with softened butter. These go great with cjili.

*Do Not Overmix.*

*For a little kick, substitute pepper jack cheese instead of the cheddar.*

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Per Serving (excluding unknown items): 2518 Calories; 141g Fat (50.6% calories from fat); 88g Protein; 222g Carbohydrate; 16g Dietary Fiber; 797mg Cholesterol; 6276mg Sodium. Exchanges: 13 1/2 Grain(Starch); 7 1/2 Lean Meat; 1 Non-Fat Milk; 22 1/2 Fat; 0 Other Carbohydrates.