

# Swiss Cheese Muffins

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**Servings: 12**

**Yield: 1 dozen muffins**

*2 cups all-purpose flour*  
*1 tablespoon sugar*  
*3/4 teaspoon salt*  
*1/2 teaspoon baking soda*  
*2 large eggs, room temperature*  
*1 cup (8 ounces) reduced-fat sour cream*  
*2 tablespoons canola oil*  
*1/2 cup shredded Swiss cheese*  
*2 green onions, chopped*

Preheat the oven to 375 degrees.

In a small bowl, combine the flour, sugar, salt and baking soda.

In another bowl, combine the eggs, sour cream and oil. Stir into the dry ingredients just until moistened. Fold in the cheese and onions.

Coat the muffin cups with nonstick cooking spray or use paper liners.. Fill the cups three-fourths full with batter.

Bake for 15 to 18 minutes or until a toothpick inserted in the center comes out clean.

Cool for 8 minutes before removing from the pan to a wire rack.

Serve warm.

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Per Serving (excluding unknown items): 131 Calories; 5g Fat (32.1% calories from fat); 5g Protein; 17g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 210mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.