

## GRAB-AND-GO PIZZA MUFFINS

These grab-and-go muffins make eating on the run a pleasure.

1 cup diced pepperoni, about 4 ounces  
1 package (8.5-ounce) corn muffin mix  
1/3 cup milk  
1 egg  
1/2 cup shredded mozzarella, about 2 ounces  
1/4 cup chopped sun-dried tomatoes (if packed in oil, drain well)

Preheat the oven to 400°F. Line a muffin pan with 8 paper liners.

Mix the corn muffin mix, milk and egg together until barely blended and lumpy. Gently fold in the pepperoni, mozzarella and tomatoes. Scoop into the prepared muffin pan, filling cups about 3/4 full.

Bake for 15 to 20 minutes, until golden brown and firm to the touch. Let cool slightly or serve at room temperature. These can be made in advance and refrigerated in a self-sealing plastic bag to prevent dryness. Reheat, wrapped loosely in a paper towel, in the microwave just until warm, about 20 seconds on high power.

Makes 8 muffins.

Tip: Change these muffins up by using about a cup of cooked, diced sausage or crumbled, cooked bacon instead. Use dried cherries or cranberries instead of the sun-dried tomatoes.

### Nutrition Information per Serving (one muffin):

Calories: 220  
Cholesterol: 50mg  
Protein: 9g

Fat: 10g  
Sodium: 640mg  
Fiber: 1g

Saturated Fat: 3.5g  
Carbohydrates: 23g