



Baked Corn Dog Muffins

Ingredients:

1-8.5-ounce package corn muffin mix
1 egg
1/3 cup of milk
5 reduced-fat or turkey hot dogs
Nonstick cooking spray

1. Wash hands with warm soapy water before preparing any food.
2. Preheat oven to 375°F.
3. While the oven is preheating, spray 10 muffin cups with non-stick cooking spray and set the pan aside.
4. In a mixing bowl, mix corn muffin mix, egg, and milk together.
5. Slice each hot dog into six pieces.
6. Fill muffin cups about one-quarter full of corn muffin batter.
7. Place three pieces of hot dog in each muffin cup.
8. Spoon remaining corn muffin batter on top of the hot dog pieces.
9. Bake for 20 to 25 minutes or until cooked through.

Makes 10 muffins.

Recipe Adapted from: North Dakota State University Extension Service, www.ag.ndsu.edu

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