

No Bluffin' Sausage and Pepper Muffins

Recipe Description: Imagine a muffin or a cut square of savory southern-style cornbread filled with scratch breakfast sausage and pepper jack cheese. Easy for grab-and-go, from the serving line, or for breakfast in the classroom.

Preparation Time: 60 minutes
Cook Time: 30 minutes

NSLP/SNP crediting information:
Each 3.25 oz muffin provides 1.75 oz eq meat/meat alternate and 1 oz eq grain.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pork sausage, cooked, crumbled	4 lb		8 lb		1. Preheat the oven to 375˚ F.
Pepper Jack cheese, grated	1 lb 9 oz	2 qt	3 lb 2 oz	1 gal	2. Line muffin tin with muffin papers.
Corn meal, whole grain	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	3. In a large bowl, combine the cornmeal, flour, baking soda, and baking powder. Stir until well combined.
Flour, enriched	10 oz	2 1/4 cups	1 lb 4 oz	1 qt 1/2 cup	
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Baking soda		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt, kosher		1 Tbsp		2 Tbsp	
Buttermilk	2 lbs.	1 qt	4 lbs.	2 qt	**4.** In a separate bowl, combine the buttermilk, eggs, oil, and honey. Whisk until well combined.
Eggs, large, whole, Washington grown preferred	8 oz	5 ea	1 lb	10 ea	**5.** Pour the dry ingredients into the wet ingredients. Mix until the batter is a little under-mixed. Batter will look lumpy with some unmixed powder still visible.
Vegetable oil	4 oz	1/2 cup	8 oz	1 cup	**6.** Add cold, crumbled sausage and grated cheese to the batter. Fold in gently to evenly distribute and to finish mixing the batter. Do not overmix.
Honey, Washington produced preferred	2 oz	3 Tbsp	4 oz	3/8 cup	**7.** Using a #10 scoop slightly mounded, fill muffin papers.
					8. Bake at 375˚ F for 15 minutes or until lightly browned and firm to the touch. Rotate pan in oven halfway through baking for even cooking. **Critical Control Point: ensure internal temperature reaches 165˚ F**

NUTRITION INFORMATION
For 1 Muffin (serving size)

NUTRIENTS	AMOUNT
Calories	**244**
Total Fat	**15 g**
Saturated Fat	6 g
Cholesterol	56 mg
Sodium	**356 mg**
Total Carbohydrate	**17 g**
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	1 g
Protein	**10 g**
Vitamin A	71 mcg RAE
Vitamin C	0 mg
Vitamin D	0 mcg
Calcium	148 mg
Iron	1 mg
Potassium	195 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Raw pork sausage	8 lbs. 9 oz	17 lbs. 1 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Local ingredients: whole grain flour, pepper jack cheese Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
50 muffins About 10 lbs. 4 oz raw batter before cooking	100 muffins About 20 lbs. 8 oz raw batter before cooking

SOURCE:

FY 2024 Team Nutrition Training Grant

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