

Corn Muffins

**1 cup sifted
all-purpose flour**
1/4 cup sugar
**3 teaspoons baking
powder**
1/2 teaspoon salt
1 cup cornmeal
1 cup skim milk
1/3 cup canola oil
1 egg, slightly beaten

Preheat oven to 425 F. Spray oil on bottoms of 14 (2 1/2-inch) muffin pan cups.

Sift flour with sugar, baking powder and salt into a large bowl. Add cornmeal; mix well.

Measure milk in a two-cup measure. Add oil and egg; beat with fork to mix well.

Make a well in the center for flour mixture. Pour in milk mixture all at once. Stir quickly, with a fork, just until the dry ingredients are moistened. Do not beat. The batter will be lumpy.

Quickly dip batter into muffin pan cups, filling not quite 2/3 full. Bake 15 minutes, or until the muffins are golden.

Loosen the edge of each muffin with a spatula, turn them out, serve warm. Makes 14.



Gainesville resident Marjorie J. Fouts