

## CHEDDAR ANDOUILLE CORN MUFFINS

### INGREDIENTS

1 teaspoon canola oil  
1/2 pound smoked andouille sausage, finely diced  
1 1/4 cups all-purpose flour  
1 cup yellow cornmeal  
1 tablespoon baking powder  
1 teaspoon salt  
3 large eggs  
1 1/2 cups buttermilk  
1 cup shredded cheddar cheese  
1/4 cup unsalted butter, melted

### DIRECTIONS

Preheat oven to 400°F. Spray muffin 12-cup muffin tin with baking spray or line with liners.

Heat oil in a medium cast iron skillet over medium heat. Add sausage and sauté 5 minutes or until lightly browned. Set aside.

Whisk together flour, cornmeal, baking powder and salt. Whisk in eggs, buttermilk and cheese. Add melted butter and reserved sausage, scraping any grease from the skillet into the batter. Spoon the batter into lightly greased muffin tins and bake for 18 to 20 minutes or until golden brown and cooked through. Transfer muffins to a wire rack to cool slightly before serving.