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## Hearty corn muffins a perfect bite for breakfast, brunch ... or anytime

By Susie Iventosch



Sausage, Chive and Cheddar Corn Muffins Photos  
Susie Iventosch

I love corn almost any way imaginable - grilled on the cob, polenta, cornbread, cream of corn, corn chowder, corn tortillas, street corn, and especially corn muffins. We make this recipe with turkey breakfast sausage, chives (or green onion) and sharp white cheddar. They are hearty, moist and so delicious. And, they're perfect for any meal of the day, too!

This basic recipe comes from Professor Torbert's website and then I add sausage, cheese and chives. What I love about Professor Torbert's corn products, is that they have a vibrant orange color due to increased levels of carotenoids, which are potent antioxidants said to be helpful for both eye health and vitamin A deficiencies. But, mostly for me, it's that amazing, bright orange color of the corn that goes into their corn meal, corn flour and grits.

Because these muffins are so good, you might want to double the recipe and save half of the muffins in the freezer for another time. In fact, we had guests in house, so I doubled the recipe and baked half the batter one day and saved the remaining batter for a few days later and baked another fresh batch. ?I was so happy that they came out just as well as the first batch.

You can always change the added ingredients from sausage, chives and cheddar to bacon, onions and jack cheese, or whatever combination you like best. And although I have not done this yet, next time we have an extra ear of grilled corn, I am going to add it to the batter and I'll bet that will be fantastic!

### INGREDIENTS

- 1 cup all-purpose flour
- 1 cup corn meal (we love Professor Torbert's Orange Corn Meal)
- 1/4 cup granulated sugar
- 1 tsp. salt
- 1 tbsp. baking powder
- 1/3 cup vegetable oil
- 2 large eggs
- 1 cup buttermilk
- 1 cup shredded sharp cheddar cheese
- 1 cup chopped turkey sausage
- 1/4 cup finely sliced chives or green onions

### DIRECTIONS

Preheat oven to 350 F. Line a muffin tin with paper liners. I also like to spray the liners with cooking spray to make it easier to get the paper off the muffin.

Mix all dry ingredients (flour, corn meal, sugar, salt and baking powder) in a large mixing bowl until combined. Add the wet ingredients and mix gently until well incorporated.

Stir in the diced sausage, sliced chives or onions and cheese.

Fill each muffin tin about 2/3 full and bake for approximately 15 minutes or until golden brown. Serve right away or store in an airtight container in the refrigerator or freezer.

For more information or to buy Professor Torbert's products, please visit:

<https://professortorberts.com>



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

Reach the reporter at: [suziven@gmail.com](mailto:suziven@gmail.com)

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