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Book brings more than muffin...>

## Muffin tin cooking makes meals fun

May 3, 2012

Brette Semper , movparent

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Your muffin tins can do much more than just cupcakes and muffins! This versatile pan can be used to make entrees, appetizers, breakfasts, sides, breads, desserts and much more. This is your new go-to kitchen item. I made my first food in a muffin tin when I was eight, following a recipe in my children's Betty Crocker cookbook for meatloaf muffins. I loved it then and I love it now as an easy and fun way to cook.

#### One at a Time

Muffin tins are a handy way to cook a variety of dishes easily, but are also a great way to manage portion control. You can't fool yourself by saying you'll just have a little more-one "muffin" cup is one portion. Muffin tin cooking is easy to serve too. You can bring the whole tin to the table, or arrange the cups on a plate. You also can use a pretty cupcake "tree" to serve your dishes. Make an entire meal in muffin tins and your family will be amazed by the variety you serve up.

#### Kid Friendly

Muffin tin cooking is a great way to get your kids interested in cooking and eating healthy foods. They love choosing the liners, arranging food in the cups and seeing the transformation when it comes out of the oven. There's something about food that is round, small and perfectly shaped that appeals to kids. They've been conditioned to believe that anything served in a cupcake liner is fun and delicious, so they'll be willing to try many new foods this way.

#### Variety Makes Muffin Tin Cooking Fun

There are so many types of muffin tins available now. Not only can you buy cast iron, nonstick and silicone tins, but they come in so many sizes: regular, jumbo, mini and even in squares now. Everyone grew up with paper muffin cup liners, but today there are many choices in that realm as well. You can buy colored or patterned paper liners, foil-lined paper liners and reusable silicone liners. The reusables are my favorite because not only are they nonstick, colorful and green, but you can even use them by themselves on a baking sheet without a muffin tin pan. You can even use things like slices of ham, tortillas and pie crust as your cup liners, for tasty results. Your family and friends will be delighted with your muffin tin dishes!

#### Cornmeal-Crusted Mustard Chicken with Sweet

#### Potato Coins

Makes 4

- 1 yam or sweet potato, peeled and sliced into " coins
- 1 tablespoon honey
- 1 tablespoon olive oil



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#### Chicken Recipes

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Salt and pepper, to taste

2 boneless skinless chicken breasts

2 egg whites

2 tablespoons Dijon mustard

2 tablespoons water

cup cornmeal

teaspoon dried rosemary

1. Preheat oven to 350 degree F.
2. Place 12 silicone or foil-lined muffin liners in a regular muffin tin.
3. Place 1 yam coin at the bottom of each.
4. Mix honey and olive oil and brush each coin with the mixture.
5. Season with salt and pepper.
6. Cut the chicken breasts into 12 pieces of equal size, about the width of a muffin cup.
7. Mix egg white, mustard, and water in a small bowl.
8. On a small plate, mix cornmeal, rosemary, and salt and pepper.
9. Dip each piece of chicken in the egg mixture, then dredge it in the cornmeal mixture.
10. Place one piece of chicken on top of each yam coin.
11. Spray the chicken with cooking spray.
12. Bake for 13 minutes, then using tongs, flip each piece of chicken over, and spray the top with cooking spray.
14. Return to the oven and bake for another 13 minutes, then broil for 3 minutes, until chicken reaches an internal temperature of 165 degrees.

Caramel Apple Mini Pies

Makes 6

1 unbaked refrigerated pie crust

2 apples, peeled, cored, and thinly sliced, then cut in half so they are shorter

Pinch of salt

2 teaspoons flour

2 teaspoons sugar

teaspoon cinnamon

2 tablespoons caramel sauce

1 egg

1 teaspoon water

1. Preheat oven to 350 degree F and prepare 6 regular muffin cups.
2. Unroll your refrigerated pie crust (you can make your own if you prefer; if you do, be sure to roll it out to about a 9-inch circle). Align a 4-inch biscuit cutter (or a 28-ounce can of tomatoes is exactly the right size) against the edge of the crust. Cut out 1 circle. Repeat, cutting the next as close as possible to the previous cut-out. You will get 5 circles. Now take 2 big pieces of dough and press them together so you can cut out 1 more circle. Place each circle into a regular muffin tin cup. It will fit exactly, so the edge of the crust is right at the top edge of the cup. Keep the scraps.
3. Mix apples, salt, flour, sugar, cinnamon, and caramel sauce in a bowl.
4. Divide filling among muffin cups.
5. Use -1-inch scraps of pie crust and dot the tops of the pies with them.

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- 6. Cover with foil and bake for 30 minutes. Remove from oven.
- 7. Mix egg with 1 teaspoon water and brush tops of pies.
- 8. Return to oven uncovered for 20 minutes, until apples are tender and crust is golden.

Brette Semper is the author of the newly released The Muffin Tin Cookbook, as well as The Parchment Paper Cookbook and The Organized Kitchen. Her web site is [BretteSemper.com](http://BretteSemper.com) and she blogs at [MarthaAndMe.net](http://MarthaAndMe.net) and [NoPotCooking.com](http://NoPotCooking.com).

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