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Book brings more than muffins to tins

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Amy Phelps , movparent

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Older kids can help in the kitchen too, and a good start just might be "The Muffin Tin Cookbook" by Brette Sember with Melinda Boyd, MPH, MHR, RD (Adams Media, \$17.95.)

With 200 recipes designed to cook in muffin tins, this cookbook offers easy portion control - one muffin is one portion - that is also easy to store for future meals, snacks, etc. and easy to clean up since you can use paper liners.

The book is divided into chapters like Appetizers and Snacks; Breakfast; Beef and Pork; Chicken and Turkey; Seafood; Potatoes, Rice, Pizza and Pasta; Vegetables; Muffins and Breads ; and Desserts, there is plenty of variety to choose from and will sure to please a multitude of palates, both kids and adults!


Article Photos



Appetizers and Snacks range from Shrimp Cakes with Cilantro Lime Dipping Sauce to Potato Bites. Breakfast dishes can be simple French Bread French Toast and Bagel Sausage Sandwiches to Baby Dutch Babies and Grits Casserole. Beef and Pork dishes range from Philly Cheesesteak Muffins to Chinese BBQ Pork Buns. Chicken and Turkey offerings are Cornmeal-Dusted Mustard Chicken with Sweet Potato Coins to Turkey Empanadas for adults and simple Chicken and Biscuits and Buffalo Chicken Bites for kids. Seafood dishes range from Tilapia with Bok Choy and Loganberry to simple Very Veggie Tuna Noodle Casserole. Potatoes, Rice, Pizza and Pasta offers a variety like Twice-Baked Stuffed Potatoes, Butternut Squash Rice Cups, White Pizzas and Ravioli Lasagna. Vegetable dishes range from Broccoli Souffle Cups to Mushroom Tarts. Muffins and Breads are anything from sweet to savory, like Monkey Bread to Pizza Muffins. And sweet desserts are fancy like Black-Bottom Strawberry Cheesecake to simple like Trashed Krispies.

I love Indian food, so I made Inside Out Samosas. Made with refrigerated hash brown potatoes, with curry, ginger, garlic and then peas and yogurt inside, these crisp savory "muffins" were a great side dish. My oldest loved them - myself I would have spiced



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them up a bit more. And they were very easy to make, so I can see young teens easily making this dish for their family or even as an after-school snack.

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