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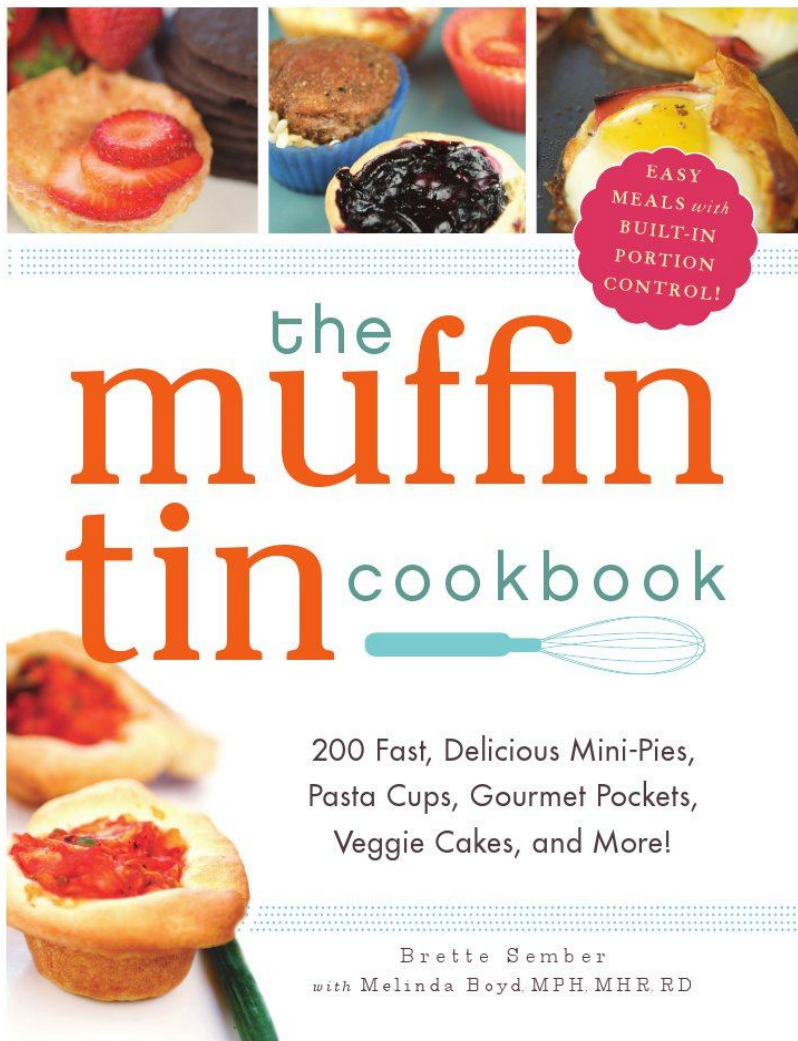
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3 Muffin Tin Recipes: Muffin Tin Cooking Makes Meals Fun!

Submitted by [Minette](#) on April 9, 2012 – 5:30 pm [No Comment](#)



Your Muffin Pan isn't Just for Baking Muffins anymore!

by Brette Sember

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 can also 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!

Here are Three Fun Muffin Tin Recipes!

Cornmeal-Crusted Mustard Chicken with Sweet Potato Coins

Makes 4

Ingredients:

1 yam or sweet potato, peeled and sliced into 1/4" coins
1 tablespoon honey
1 tablespoon olive oil
Salt and pepper, to taste
2 boneless skinless chicken breasts
2 egg whites
2 tablespoons Dijon mustard
2 tablespoons water
1/2 cup cornmeal
1/2 teaspoon dried rosemary

Instructions:

1. Preheat oven to 350°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.
13. Return to the oven and bake for another 13 minutes, then broil for 3 minutes, until chicken reaches an internal temperature of 165 degrees Fahrenheit.

Spinach Cakes

Makes 20 mini or 7 regular

Ingredients:

10 ounces frozen chopped spinach, defrosted and squeezed dry
1 egg
¼ cup plus 2 tablespoons seasoned bread crumbs
Salt and pepper to taste
2 ounces goat cheese
¼ teaspoon dried oregano
1 tablespoon olive oil
1 tablespoon heavy cream
1 garlic clove, minced
1/3 medium zucchini, chopped
¼ medium onion, chopped

Instructions:

1. Preheat oven to 400°F.
2. Prepare either mini or regular cups by spraying with cooking spray.
3. Mix all ingredients together well.
4. Divide among the cups and bake for 12 minutes for mini muffin cups or 18 minutes for regular until slightly browned.

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
¼ teaspoon cinnamon
2 tablespoons caramel sauce
1 egg
1 teaspoon water

1. Preheat oven to 350°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" circle). Align a 4" 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 ½–1" scraps of pie crust and dot the tops of the pies with them.

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 Sember 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 [BretteSember.com](#) and she blogs at [MarthaAndMe.net](#) and [NoPotCooking.com](#).

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