

POSTED ON **FEBRUARY 27, 2013** ([HTTP://WONDERMOMWANNABE.COM/MUFFIN-TIN-DINNER-RECIPES/](http://wondermomwannabe.com/muffin-tin-dinner-recipes/)) BY **CORINNE SCHMITT**  
([HTTP://WONDERMOMWANNABE.COM/AUTHOR/CORINNE/](http://wondermomwannabe.com/author/corinne/))

## MUFFIN TIN DINNER RECIPES

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According to a [study](http://www.mealtime.org/content.aspx?id=2322) (<http://www.mealtime.org/content.aspx?id=2322>) by Rutgers University, we moms value nutrition because we believe it has a large impact on our family's health. I'm sure you will be shocked to [learn](#) the study also revealed that we are really busy! The third finding explains how those first two facts affect our dinner table: When we are rushed, convenience trumps other considerations (like nutrition) and we don't have a lot of faith that "convenient" and "healthy" are terms that can be simultaneously applied to a meal.



(<http://www.bloglovin.com/en/blog/6329867>)

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If you throw in family members with their own unique palates and food aversions, menu planning begins to feel like walking a tightrope with no net beneath you. I feel your pain. I have one vegetarian, another who won't eat cheese, one who doesn't like combined food unless he's participated in the preparation (thanks to my experimentation with "The Sneaky Chef"), and a husband who requires a lot of spice and seasoning in order to detect any flavor. For this reason, I love, love, love [muffin tin](#) meals.

Dinners prepared in [muffin tins](#):

- Provide portion control
- Are easy to freeze and reheat for lunches or snacks
- Allow each person to customize his/her serving to taste
- Are limitless in terms of variety
- Kids love anything shaped like a muffin/cupcake (if my kids are reading this, you are absolute FORBIDDEN from inserting, "That's right mom, because we love you!" here—muffin top refers to something else entirely and you are supposed to pretend to not see mine anyway)



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I had to search the internet high and low for [recipes](#) so that we wouldn't end up eating the same couple of muffin meals each night and so that you won't have to go searching all over in order to enjoy this dinner-saving strategy. And, if you REALLY love this concept and need even more recipes, there are cookbooks you can purchase full of muffin meal recipes: Muffin Tin Chef by Matt Kadey and The Muffin Tin Cookbook by Brette Sember.

Here are my top picks for muffin meals that are healthy AND convenient:

- [Skinny Meatloaf Cupcakes with Mashed Potato "Frosting"](#) (<http://www.skinnytaste.com/2011/08/skinny-meatloaf-cupcakes-with-mashed.html>) – You can sneak the zucchini into the meat mixture and still let your kids personalize by adding cheese, potatoes, or other mix-ins or toppings.
- [Chicken Pot Pies](#) (<http://hopelesslyeverafter.blogspot.com/2013/01/skinny-mini-chicken-pot-pies.html>) – There are dozens of recipes for mini pot pies out there, but this is the healthiest and easiest one I found. Also, most of the other recipes call for Bisquick which isn't popular in my house.
- [Taco Cups](#) (<http://www.tablespoon.com/recipes/taco-cupcakes/1/>) – These are cute and easy. No cutting tortillas to get the right size and shape to use in the muffin tin.
- [Mini Fish Tacos](#) (<http://veryculinary.com/mini-fish-tacos/>) – If fish tacos are your thing, you will love these. So many delicious flavors and absolutely beautiful!
- [Fiesta Chicken Bites](#) (<http://menumusings.blogspot.com/2012/06/fiesta-chicken-bites.html>) – Handheld chicken fajitas, what's not to love?
- [Mini Thai Chicken Pies](#) (<http://www.bettycrocker.com/recipes/impossibly-easy-mini-thai-chicken-pies/e7574017-ff58-40e2-878b-5adb7ebba653>) – Add some variety to your standard flavors with this [easy recipe](#) that incorporates traditional, delicious Thai flavors.
- [Lasagna Cups](#) (<http://tatertotsandjello.com/2012/09/muffin-tin-lasagna-cups-and-12-more-muffin-tin-recipes.html>) – This version is way healthier than the traditional pan lasagna. As an added bonus, at the end of [the recipe](#) are links to her other muffin tin recipes.
- [Baked Crab Cakes](#) (<http://www.food.com/recipe/muffin-tin-crab-cakes-143794>) – Baked, not fried, without giving up the great flavor you love.
- [Bacon Cups](#) (<http://www.notmartha.org/archives/2008/02/27/bacon-cups/>)



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– BLT without the bread carbs!

- Ham & Cheese Quinoa Cups  
(<http://iowagirleats.com/2012/02/16/mini-ham-cheese-quinoa-cups/>) – Shh....don't tell the men, these are actually quiches.
- Philly Cheesesteak Bites  
(<http://www.rachaelrayshow.com/food/recipes/mini-muffin-philly-cheesesteak-bites/>) – If you have an ordinary family (i.e. not mine) this should be a big hit with everyone. If you have a vegetarian and an anti-cheese eater, you will need more than one skillet for prep.

If you have your own favorite muffin meal recipes, please [share](#) them in the comments!

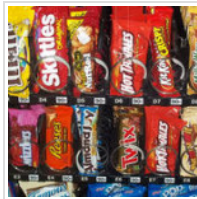
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## 18 THOUGHTS ON "MUFFIN TIN DINNER RECIPES"

These recipes are making me so hungry!

[REPLY \(MUFFIN-TIN-DINNER-RECIPES/?REPLYTOCOM=46#RESPOND\)](http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-46)



**DANIELLE**

February 27, 2013 at 2:33 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-46>)

ALL of these look delicious! I want to try the fish tacos...actually I want to try them all. These would be a big hit with my toddler. She insists on feeding herself but it gets SO messy. Thanks for posting!

REPLY (/MUFFIN-TIN-DINNER-RECIPES/?REPLYTOCOM=79#RESPOND)



**KAREN ([HTTP://WWW.KARENSSOIREE.BLOGSPOT.COM](http://www.karenssoiree.blogspot.com))**

March 8, 2013 at 7:44 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-79>)

These all look so good! I love that they are freezer friendly!

REPLY (/MUFFIN-TIN-DINNER-RECIPES/?REPLYTOCOM=124#RESPOND)



**JENNA PARSONS ([HTTP://WWW.MOMENVYBLOG.COM](http://www.momenvyblog.com))**

March 18, 2013 at 10:51 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-124>)

I love using for portion control. I LOVE ALL THE RECIPES!!


REPLY (/MUFFIN-TIN-DINNER-RECIPES/?REPLYTOCOM=485#RESPOND)



**CYNDIE**

April 25, 2013 at 5:26 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-485>)

Do you know I would never had thought of this, what a great idea and thanku x

sharon martin recently posted...[Book Release TODAY – Once a Druid by Alex and SJ Byrne](http://feedproxy.google.com/~r/BeckValleyBooks/~3/Z909m5lcQfs/book-release-today-once-druid-by-alex.html)  
(<http://feedproxy.google.com/~r/BeckValleyBooks/~3/Z909m5lcQfs/book-release-today-once-druid-by-alex.html>) 


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**SHARON MARTIN (HTTP://BECKVALLEYBOOKS.BLOGSPOT.COM)**

April 25, 2013 at 5:31 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-488>)

These look good, I bet it would be a good way to get kids to eat stuff they won't normally eat though. Sneaky....

MzBaker recently posted...[GREEK DISH CALLED PASTITSIO](http://dalevillealabamakitchens.com/2013/04/25/greek-dish-called-pastitsio/)  
(<http://dalevillealabamakitchens.com/2013/04/25/greek-dish-called-pastitsio/>) 


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**MZBAKER (HTTP://WWW.DALEVILLEALABAMAKITCHENS.COM)**

April 25, 2013 at 5:34 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-489>)

I love this idea for me—I am single and I never can make a single serving—using tins I can then freeze the rest!! Thank you!!

Michele recently posted...[Handmade Rugs That Are An Investment-Cleaning and Repair](http://feedproxy.google.com/~r/MikisHope/~3/LxciAlfJhiA/handmade-rugs-that-are-investment.html)  
(<http://feedproxy.google.com/~r/MikisHope/~3/LxciAlfJhiA/handmade-rugs-that-are-investment.html>) 


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**MICHELE (HTTP://WWW.MIKISHOPE.COM)**

April 25, 2013 at 6:07 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-491>)

I am going to have to check into making these. I love the sizes they are perfect for portion control and I love the idea of being able to freeze the extras.

Melinda Dunne recently posted...[Winner of coffee and coupon giveaway](http://mysocalledbalancedlife.com/2013/04/25/winner-of-coffee-and-coupon-giveaway/)  
(<http://mysocalledbalancedlife.com/2013/04/25/winner-of-coffee-and-coupon-giveaway/>) 

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**MELINDA DUNNE (HTTP://WWW.MYSOCALLEDBALANCEDLIFE.COM/)**

April 25, 2013 at 6:51 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-492>)

I make a lot of things that I freeze and re-heat, never once thought of muffins though, thank you.



Jennifer Wiliams recently posted...[Perfect Beach Cover Up! – Review](#)

(<http://myfrugalwife.com/perfect-beach-cover-up-review/>) 

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**JENNIFER WILIAMS (HTTP://WWW.MYFRUGALWIFE.COM)**

April 25, 2013 at 9:38 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-496>)

oh thank u so much for [sharing](#) this. im going to try each and every [recipe](#) for my 2 year old very picky eater. he likes to eat muffins so this should be a hit.


REPLY (/MUFFIN-TIN-DINNER-RECIPES/?REPLYTOCOM=501#RESPOND)



**JENN (HTTP://WWW.JENNLORD.COM)**

April 26, 2013 at 12:00 am (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-501>)

Now, you got me so hungry in here 😊 My husband loves pot pies ,, those are really great food ...

amiableamy recently posted...[Get The Best Online Experience With The Best Sportsbooks in Town](#) (<http://www.amiableamy.com/2013/04/get-best-online-experience-with-best.html>) 


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**AMIABLEAMY (HTTP://WWW.AMIABLEAMY.COM/)**

April 26, 2013 at 12:31 am (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-503>)

Sounds and looks so good! I love any kind of muffin!

Chubskulit Rose recently posted...[Creative ways to Show your Holiday Photos](#) (<http://www.meetourclan.com/2013/04/creative-ways-to-show-your-holiday.html>) 

REPLY (/MUFFIN-TIN-DINNER-RECIPES/?REPLYTOCOM=515#RESPOND)




**CHUBSKULIT ROSE (HTTP://WWW.MEETOURCLAN.COM)**

April 26, 2013 at 11:15 am (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-515>)



I love how you can save on meals with something that you already have.  
Thanks for sharing this

Nova recently posted...[How to pick a good workout pants from Zaggora Hotpants Review](http://feedproxy.google.com/~r/motherhoodstuffs/~3/OhfRMfD38I/how-to-pick-good-workout-pants-from.html)  
(<http://feedproxy.google.com/~r/motherhoodstuffs/~3/OhfRMfD38I/how-to-pick-good-workout-pants-from.html>) 


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**NOVA (HTTP://WWW.MOTHERHOODSTUFFS.COM)**

April 26, 2013 at 12:51 pm (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-520>)

Yummy treats. I like the Ham & Cheese Quinoa

Marms @ Mhar's Display recently posted...[Planting at Anytime of Year](http://feedproxy.google.com/~r/MharsDisplay/~3/rYFZ0TTplkg/planting-at-anytime-of-year.html)  
(<http://feedproxy.google.com/~r/MharsDisplay/~3/rYFZ0TTplkg/planting-at-anytime-of-year.html>) 

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**MARMS @ MHAR'S DISPLAY (HTTP://KUTSOWNSTYLE.BLOGSPOT.COM)**

April 29, 2013 at 3:14 am (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-634>)

Pingback: [Chicken Enchilada Cups](http://wondermomwannabe.com/chicken-enchilada-cups/)  
(<http://wondermomwannabe.com/chicken-enchilada-cups/>)

Thanks so much for linking to my pot pies!! They are so good and so easy!!


Kristin recently posted...[The first Thirsty Thursday Linkup Party!!](http://hopelesslyeverafter.blogspot.com/2013/05/the-first-thirsty-thursday-linkup-party.html)  
(<http://hopelesslyeverafter.blogspot.com/2013/05/the-first-thirsty-thursday-linkup-party.html>) 

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**KRISTIN (HTTP://WWW.HOPELESSLYEVERAFTER.BLOGSPOT.COM)**

May 9, 2013 at 9:30 am (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-1010>)

They really are one of our family favorites. We had them just last  
week. 

REPLY (/MUFFIN-TIN-DINNER-RECIPES/?REPLYTOCOM=1012#RESPOND)



**CORINNE SCHMITT (HTTP://WONDERMOMWANNABE.COM)**

May 9, 2013 at 9:42 am (<http://wondermomwannabe.com/muffin-tin-dinner-recipes/#comment-1012>)

Pingback: [Healthy Packed Lunch Ideas - Page 2 - City-Data Forum](http://www.city-data.com/forum/recipes/1643519-healthy-packed-lunch-ideas-2.html#post29559706)  
(<http://www.city-data.com/forum/recipes/1643519-healthy-packed-lunch-ideas-2.html#post29559706>)

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