

Zucchini Bread Recipes

Turkey Ham Cheese Zucchini Muffins Recipe

20 min Prep time	**25 min** Cook time	**45 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 tablespoon granulated sugar
- [ ] 2 teaspoons baking powder
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper

Wet Ingredients & Add-ins

- [ ] 2 large eggs, lightly beaten
- [ ] 1 cup buttermilk
- [ ] 1/2 cup unsalted butter, melted and cooled slightly
- [ ] 1 1/2 cups shredded zucchini, squeezed of excess moisture
- [ ] 1 cup diced cooked turkey ham
- [ ] 1 cup shredded sharp cheddar cheese, plus extra for sprinkling

Instructions

1. First, let's get the kitchen ready. It's always nice to start with a calm space. Preheat your oven to 375°F (190°C) and line a 12-cup muffin tin with paper liners or give it a gentle coating of non-stick spray. In a large bowl, combine your dry ingredients: the flour, sugar, baking powder, salt, and pepper. I like to use a whisk to sift them together lightly. It feels so much more delicate than a sifter and aerates everything just enough. This simple step ensures that the leavening is evenly distributed, which helps the muffins rise beautifully.

2. Now for the wet ingredients. In a separate, medium-sized bowl, whisk together the lightly beaten eggs, the cup of buttermilk, and the melted butter that you've let cool for a moment. You don't want to cook the eggs, oops! Whisk them just until they are uniform and combined. This is also the time to prep your star ingredients. Make sure your zucchini is shredded and has been gently squeezed to remove that extra water. Your turkey ham should be diced into nice, small cubes, and your cheddar should be shredded. Having everything ready to go makes the final assembly feel effortless.

3. This is the most important part for a tender muffin. Pour the wet mixture into the bowl with the dry ingredients. Using a rubber spatula, gently fold the ingredients together until they are *just* combined. Please don't be tempted to over-mix! A few lumps are perfectly fine, I promise. Over-mixing develops the gluten in the flour and will make your muffins tough. Once the batter is just about mixed, gently fold in the shredded zucchini, diced turkey ham, and the cup of shredded cheddar. The batter will be thick and wonderfully chunky.

4 Carefully divide the batter evenly among the 12 prepared muffin cups. I use an ice cream scoop for this; it feels like it gives the perfect amount every time and keeps things tidy. Fill each cup nearly to the top. If you'd like, sprinkle a little extra shredded cheddar over the top of each muffin. It's not required, but it creates such a lovely, golden, cheesy crust. Bake for 20-25 minutes, or until the tops are golden brown and a wooden skewer inserted into the center of a muffin comes out clean. Let them cool in the pan for 5 minutes before transferring them to a wire rack to cool completely. The waiting is the hardest part!

Nutrition per serving

210 kcal	9 g	16 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Feel free to add a tablespoon of finely chopped fresh chives or green onions to the batter for an extra layer of savory flavor. It adds a lovely freshness that pairs beautifully with the ham and cheese.
- For the best flavor and texture, use full-fat buttermilk and sharp cheddar cheese. The richness really makes a difference and helps create a more satisfying, tender muffin.
- These muffins are best enjoyed warm, maybe with a tiny smear of butter, but they are also delicious at room temperature, making them perfect for packing and taking on the go.