

# CORN



## *Corn Pancakes*

### INGREDIENTS

- 2 eggs
- 1 cup buttermilk (or nonfat milk)
- 1 teaspoon baking powder
- ½ cup cornmeal
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- Corn from 2 ears (about 1 ⅓ cup)
- ¼ teaspoon salt, black pepper to taste

PEAK SEASON

*August – September*

## DIRECTIONS

- 1** Whisk together with milk and eggs, stir in corn kernels.. In a separate bowl, combine baking powder, cornmeal, flours, salt and pepper.
- 2** Add the wet ingredients to the dry ingredients and gently stir, just enough to combine.
- 3** Heat a skillet, sauté pan or griddle over medium-high heat. Spray lightly with cooking spray and pour about ¼ cup of batter.
- 4** Cook on one side until brown on the bottom with bubbles forming on the top. Flip once and continue cooking until underside is browned.

Makes 12 pancakes.

Per pancake: 92 calories, 1gm fat, 16gm carbohydrate, 2gm fiber, 4gm protein.

Summer Squash (grated or diced), can be substituted for corn.

*Recipe provided by  
Chef Aaron Egan*

