

Fresh Corn Cakes

A delicious and nutritious side dish or snack made with fresh corn, green onion, cornmeal, and whole-grain flour. These are perfect for cooking on a budget because each serving is less than \$0.25! I think corn cakes taste great with some salsa and fat-free sour cream (or plain Greek yogurt).

Ingredients:

1 cup	Corn kernels (I used frozen corn from a steamable bag for ease)
¼ cup	Chopped green onion
¼ cup	Whole wheat flour
¼ cup	Yellow cornmeal
¼ tsp	Salt
½ tsp	Ground black pepper
4 tbsp	Extra virgin olive oil
2 large	Eggs, separated

Directions:

1. Cook the corn in the microwave (according to bag instructions) or on the stove top (according to bag instructions).
2. Pulse corn and chopped green onion in a food processor until finely chopped by not fully pureed. Set aside.
3. In a large bowl, whisk together the flour, cornmeal, salt, and pepper. Now stir in the corn/green onion mixture, 2 tbsp olive oil and 2 egg YOLKS until combined. Be gentle! Set aside.
4. In a small bowl, whisk together the egg WHITES until small peaks form. I use a hand mixer for this, but it can also be done with a handheld whisk (just takes longer and more elbow grease). To test- turn your whisk upside down. The egg white will create a soft peak but will melt back into themselves after a second. TIP: when separating the eggs, it is very important to not get any yolk in the whites. This will inhibit the peaks from forming.
5. Gently fold the egg white foam into the corn cake mixture.
6. Preheat 1 tbsp olive oil in medium skillet over medium-high heat. Working in batches, spoon large “blobs” of corn mixture onto the pan. Cook for about 2 minutes (or until edges start to set) then flip and cook until lightly browned and cooked thoroughly. Keep repeating this process and add the leftover 1 tbsp oil as needed.
7. Serve warm! I like these with some salsa and fat-free cream cheese!

Servings: 1 corn cake
 Serving size: 14 corn cakes

Fresh Corn Cakes		
Nutrition Facts		
Serving Size	1 Corn Cake	
Amount Per Serving		
Calories	70.2	
	% Daily Value*	
Total Fat	4.8 g	6 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	26.6 mg	2 %
Sodium	52.2 mg	2 %
Total Carbohydrate	5.6 g	2 %
Dietary Fiber	0.7 g	2 %
Total Sugars	0.5 g	
Added Sugars	- g	- %
Protein	1.7 g	
Vitamin D	0.2 mcg	1 %
Calcium	5.5 mg	0 %
Iron	0.3 mg	2 %
Potassium	52.7 mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com