



Vital health information in a minute

Photo: Jennifer Causey

FRESH CORN CAKES WITH SUMMER SALSA

Yield: Serves 4 (serving size: 2 corn cakes and about ¼ cup salsa)

Ingredients

- 4 ounces white whole-wheat flour (about $\frac{3}{4}$ cup)
- $\frac{1}{2}$ cup plain yellow cornmeal
- 2 teaspoons baking powder
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
- 1 cup light sour cream
- 2 large eggs
- 2 tablespoons olive oil, divided
- $1\frac{1}{4}$ cups fresh corn kernels (about 2 ears)
- 2 tablespoons minced jalapeño
- $\frac{1}{2}$ cup diced yellow squash
- $\frac{1}{4}$ cup chopped green onions
- $\frac{1}{4}$ cup chopped fresh basil
- $1\frac{1}{2}$ teaspoons white wine vinegar
- 1 medium tomato, chopped

How to make it

1. Weigh or lightly spoon flour into a dry measuring cup. Combine flour, cornmeal, baking powder, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper in a large bowl.
2. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn and jalapeño to flour mixture; stir just until combined.
3. Heat a large nonstick griddle over medium-high heat.
4. Divide corn mixture into 8 equal portions (about $\frac{1}{3}$ cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side.
5. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining $\frac{1}{4}$ teaspoon salt and remaining $\frac{1}{4}$ teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

Nutritional information

Amount per serving

- Calories: 362
- Fat: 15.9 g
- Saturated fat: 6 g
- Monounsaturated fat: 6.2 g
- Polyunsaturated fat: 1.7 g
- Protein: 14 g
- Carbohydrate: 42 g
- Fiber: 5 g
- Cholesterol: 93 mg
- Iron: 3 mg
- Sodium: 465 mg
- Calcium: 157 mg
- Sugars: 9 g
- Est. added sugars: 0 g

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