

# **Corn Fritters with Tomato and Feta Salad**

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**Servings: 4**

## **FRITTERS**

**1/2 cup all-purpose flour**

**1/4 teaspoon coarse salt**

**3/4 teaspoon baking powder**

**1/2 teaspoon ground cumin**

**1 egg**

**1/4 cup whole milk**

**1 tablespoon unsalted butter, melted**

**3 tablespoons vegetable oil**

**1 1/2 cups (2 to 3 medium ears) fresh corn kernels**

**1/4 cup green onions, finely chopped**

## **SALAD**

**4 teaspoons white wine vinegar**

**4 teaspoons olive oil**

**1/4 teaspoon coarse salt**

**1 pint cherry tomatoes, cut into halves or quarters**

**2 tablespoons shallot, finely chopped**

**1/4 cup crumbled feta cheese**

**2 tablespoons fresh basil, chopped**

To prepare the fritters: In a medium bowl, combine the flour, salt, baking powder and cumin. Set aside.

In a small bowl, whisk together the egg, milk and butter.

Stir the wet ingredients into the dry until just blended. Cover and set aside for 30 minutes.

To prepare the salad: In a bowl, whisk together the vinegar, oil and salt.

Add the tomatoes, shallot, feta and basil. Toss to combine.

In a large nonstick skillet over medium-high heat, heat three tablespoons of oil.

Fold the corn and green onions into the fritter batter.

When the oil is hot, spoon the batter into the skillet (about two tablespoons per fritter). Fry until golden, 3 to 4 minutes per side.

Serve with the salad.

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Per Serving (excluding unknown items): 343 Calories; 22g Fat (56.1% calories from fat); 8g Protein; 31g Carbohydrate; 3g Dietary Fiber; 71mg Cholesterol; 467mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.