

Corn Veggie Pancakes

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Yield: 5 to 6 pancakes

1 large ear corn, kernels cut from the ear

3 tablespoons flour

1/4 cup Parmesan cheese, grated

1 tablespoon Vidalia onion, grated

1 pinch Kosher salt

1 tablespoon olive oil

1 large egg, beaten

LEMON-MINT DIPPING SAUCE

1/3 cup 2% Greek yogurt

juice of one-half lemon

1 teaspoon fresh mint, finely chopped

1 pinch Kosher salt

Make the Lemon-Mint Dipping Sauce: In a bowl, whisk the Greek yogurt, lemon juice, mint and salt. Set aside.

In a medium bowl, stir the corn with the flour, Parmesan, onion and salt.

Warm the olive oil in a large cast-iron or nonstick skillet over medium-high heat. When the oil is hot, stir the egg into the corn mixture. Drop heaping spoonfuls of batter into the pan. Flatten slightly with the back of a spoon and cook until golden, about 2 minutes per side.

Serve with the Lemon-Mint Dipping Sauce.

Per Serving (excluding unknown items): 452 Calories; 26g Fat (50.4% calories from fat); 20g Protein; 37g Carbohydrate; 3g Dietary Fiber; 228mg Cholesterol; 692mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	452	Vitamin B6 (mg):	.1mg
% Calories from Fat:	50.4%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	32.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	17.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	26g	Folacin (mcg):	77mcg
Saturated Fat (g):	7g	Niacin (mg):	3mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	228mg	% Refuse:	0 0%
Carbohydrate (g):	37g		

Food Exchanges

Dietary Fiber (g): 3g
Protein (g): 20g
Sodium (mg): 692mg
Potassium (mg): 381mg
Calcium (mg): 312mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 714IU
Vitamin A (r.e.): 145RE

Grain (Starch): 2 1/2
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 452 Calories from Fat: 228

% Daily Values*

Total Fat	26g		40%
	Saturated Fat	7g	37%
Cholesterol	228mg		76%
Sodium	692mg		29%
Total Carbohydrates	37g		12%
	Dietary Fiber	3g	14%
Protein	20g		
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Vitamin A			14%
Vitamin C			12%
Calcium			31%
Iron			16%

** Percent Daily Values are based on a 2000 calorie diet.*