

Parmesan Basil Corn Cakes

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*2 ears corn, kernels cut off
1 egg
1/4 cup flour
1/4 cup grated Parmesan
cheese
1/4 cup Basil, chopped
1 tablespoon cornstarch
1/2 teaspoon Kosher salt
few grinds pepper*

In a food processor, pulse one-half of the corn and the egg. Transfer to a bowl.

Mix in the remaining corn, flour, Parmesan cheese, basil, cornstarch, Kosher salt and pepper.

In an oiled skillet, cook spoonfuls of the mixture until golden, 3 to 4 minutes per side.

Per Serving (excluding unknown items): 509 Calories; 14g Fat (23.4% calories from fat); 26g Protein; 77g Carbohydrate; 13g Dietary Fiber; 228mg Cholesterol; 1417mg Sodium. Exchanges: 5 Grain(Starch); 2 Lean Meat; 1 Fat.