FRESH CORN CAKES WITH SUMMER SALSA

Yield: Serves 4 (serving size: 2 corn cakes and about 1/4 cup salsa)

Ingredients
› 4 ounces white whole-wheat flour (about 3/4 cup)
› 1/2 cup plain yellow cornmeal
› 2 teaspoons baking powder
› 1/4 teaspoon kosher salt, divided
› 1/2 teaspoon freshly ground black pepper, divided
› 1 cup light sour cream
› 2 large eggs
› 2 tablespoons olive oil, divided
› 11/4 cups fresh corn kernels (about 2 ears)
› 2 tablespoons minced jalapeño
› 1/2 cup diced yellow squash
› 1/4 cup chopped green onions
› 1/4 cup chopped fresh basil
› 1 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, 1/2 teaspoon salt and 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 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 1/4 teaspoon salt and remaining 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

Source: Printed with permission of Cooking Light, August 2016