

Fresh Corn Pancakes with Lime Drizzle

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/fresh-corn-pancakes-with-lime-drizzle.html>

Ingredients

- 6 tablespoons whole-wheat pastry flour
- 6 tablespoons unbleached all-purpose flour
- ¼ teaspoon salt
- 1 large egg
- 2/3 cup 1% milk
- 4 teaspoons unsalted butter, melted
- ½ cup fresh corn kernels (1 medium ear)
- 1 medium scallion, green part only, very thinly sliced
- 1 egg white
- 2 tablespoons honey, preferably wildflower
- 1-2 tablespoons fresh lime juice
- Cooking spray

Instructions

1. In medium mixing bowl, combine flours and salt.
2. In small bowl, use fork to beat egg. Add milk and melted butter and stir to combine.
3. Add wet ingredients to dry ones, mixing until combined but small lumps remain. Stir in corn and scallion greens.
4. In small bowl, use hand or electric mixer to beat egg white until soft peaks form. Gently fold egg white into pancake batter.
5. Coat heavy skillet, preferably cast iron, generously with cooking spray and set pan over medium-high heat. When drops of water flicked into pan bounce, re-stir pancake batter. Using ¼ cup measure, scoop down to the bottom of bowl and dip out about 3 tablespoons batter. Pour batter onto skillet, making 3 ½-inch pancake. Repeat, placing pancakes 3 inches apart. Cook until bubbles dot pancakes, edges look opaque and bottoms are nicely browned, about 3 minutes. Flip pancakes and brown lightly on second side. Transfer pancakes to platter and cover to keep warm.
6. For drizzle, in small bowl, whisk honey and 1 tablespoon lime juice together until combined. If syrup is too sweet, add more lime juice to taste.
7. Serve pancakes with honey-lime drizzle.

Makes 4 servings; 12 pancakes

Nutrition information per serving

Calories: 198	Dietary Fiber: 2 g
Total Fat: 6 g	Sodium: 197 mg
Saturated Fat: 3 g	Protein: 7 g
Cholesterol:	Carbohydrates: 30 g