

# Spinach and Corn Pancakes

Taken from the National Heart, Lung and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cid=7&rid=140>

## Ingredients

½ cup whole wheat flour  
1 cup fat-free (skim) milk  
2 tablespoons vegetable oil  
2 large eggs  
1 cup frozen chopped spinach, thawed and drained  
¼ teaspoon ground black pepper  
Nonstick cooking spray

## Instructions

1. Measure flour into a large mixing bowl.
2. In a smaller bowl, combine milk, oil and eggs and mix well. Add milk mixture to flour and mix until smooth.
3. Add spinach, corn and pepper to mixture and stir well.
4. Heat a large nonstick sauté pan or griddle. Spray lightly with cooking spray.
5. Spoon batter ¼ cup at a time onto the pan. Cook each pancake for 2 to 3 minutes or until the bottom holds together and is golden brown. Carefully flip and cook the second side for an additional 1 to 2 minutes. (Recipe makes about 16 to 18 pancakes)
6. Serve immediately.

**Makes 4 servings, serving size is about 4 pancakes.**

## Nutrition information per serving

Calories: 227	Sodium: 128 mg
Total Fat: 10 g	Protein: 11 g
Saturated Fat: 2 g	Total Carbohydrates: 27 g
Trans Fat: --	Dietary Fiber: 4 g
Cholesterol: 107 mg	Total Sugars: --