

## Confetti Corn Cakes

Serves 3

2 t canola oil  
1 cup total red and green bell pepper finely diced,  
1 cup frozen corn kernels, thawed  
1/4 cup all-purpose flour  
1 egg  
1/4 t cumin  
1/4 t oregano  
1/4 t salt  
1/2 t sugar  
2 T yellow cornmeal  
1/4 cup skim (nonfat) milk  
Nonstick cooking spray  
1/8 t baking powder



Heat oil in a sauté pan and sauté bell pepper until tender. In a bowl, combine corn, flour, egg, cumin, oregano, salt, sugar, cornmeal, and milk. Add bell peppers and baking powder and mix well. Meanwhile, heat a flat griddle to on medium high heat for 2 minutes. Spray griddle with nonstick cooking spray. Add baking powder to batter and mix. Using a 1/4 cup measurement place scoops of batter on to hot griddle. Cook for 2 minutes, flip and cook for an additional 1.5 minutes. Serve with a bit of grated cheese or salsa.

Nutrition information per serving (2 cakes): 180 calories, 6g fat, 6g protein, 27 g carbohydrate, 390mg sodium, 3g dietary fiber. Excellent source of vitamins A and C. Good source of iron.

Adapted from Calico Corn Cakes in [Simple & Delicious](#) January/February 2008, p64

