



Fresh Corn Cakes with Summer Salsa

Serves: 4

Make sure to tune in every Wednesday at 5:30 PM CST to the Sicangu Community Development Corporation Facebook page for our virtual cooking class!



Tomatoes are a good source of the antioxidant lycopene, which helps to reduce your risk of heart disease and cancer! These fruits are also a great source of Vitamin C, Vitamin K, potassium, and folate!



Ingredients:



Corn cakes:

- 3/4 cup white whole-wheat flour
- 1/2 cup plain yellow cornmeal
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup light sour cream
- 2 large eggs
- 2 tablespoons olive oil
- 1 1/4 cups corn kernels (about 1 can)

Salsa:

- 2 Tablespoons minced jalapeno
- 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

Directions:



- Combine flour, cornmeal, baking powder, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
- Combine sour cream, eggs, and 1 tablespoon of oil in a separate bowl, stirring until smooth.
- Add sour cream mixture, corn, and jalapeno to flour mixture; stir just until combined.
- Heat a large, non-stick pan over medium-high heat.
- Divide corn mixture into 8 equal portions (about 1/3 cup each); shape mixture into patties.
- Add patties to pan; cook 6 minutes on each side.
- Combine squash, green onions, basil, vinegar, tomato, the remaining 1 tablespoon oil, the remaining 1/4 teaspoon salt, and the remaining 1/4 teaspoon pepper in a bowl; toss them together.
- Place 2 corn cakes on each of the 4 plates; top each cake evenly with salsa.
- Enjoy!

What is your favorite salsa ingredient?

Draw a picture or do a dance that you think shows what your favorite ingredient looks like!

