Michele Sodon

SPINACH AND CORN PANCAKES

VEGETABLES IN A PANCAKE? SERVE THIS FUN SIDE DISH WITH MOST CHICKEN, MEAT, OR FISH DISHES

NUTRITION PER SERVING:

CALORIES	227
PROTEIN	11 G
CARBOHYDRATE	27 G
TOTAL FAT	10 G

PREP TIME:	10 MINUTES
COOK TIME:	25 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	ABOUT 4 PANCAKES

½ C	WHOLE-WHEAT FLOUR
1 C	FAT-FREE (SKIM) MILK 2 TBSP VEGETABLE OIL
2	LARGE EGGS
1 C	FROZEN CHOPPED SPINACH, THAWED AND DRAINED
1 C	FROZEN WHOLE CORN KERNELS, THAWED
¼ TSP	GROUND BLACK PEPPER

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01 Measure flour into a large mixing bowl.

02 In a smaller bowl, combine milk, oil, and eggs, and mix well. Add milk mixture to flour, and mix until smooth.

03 Add spinach, corn, and pepper to mixture, and stir well.

04 Heat a large nonstick sauté pan or griddle. Spray lightly with cooking spray.

05 Spoon batter ¼ cup at a time onto the pan. Cook each pancake for 2–3 minutes, or until the bottom holds together and is golden brown. Carefully flip and cook the second side for an additional 1–2 minutes. (Recipe makes about 16–18 pancakes.)

06 Serve immediately.

✔ Older children can help mix the ingredients and flip the pancakes.

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