

Corn Pancakes

This recipe is a good source of calcium, which keeps bones and teeth strong.

Ingredients:

- 1 cup all purpose **flour**
- 1 tablespoon **baking powder**
- 1/2 teaspoon **salt**
- 2 large **eggs**
- 1 can (15-ounce) **corn kernels**, drained
- vegetable oil** or butter for skillet

Directions:

1. Preheat pan on medium-high heat, 375 degrees on an electric skillet.
2. Mix flour, baking powder, and salt.
3. Beat the egg and add to the flour mixture.
4. Add corn and mix well.
5. Lightly oil skillet.
6. Cook pancakes on a skillet until golden. Turn and cook on other side.
7. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

- Serve with fresh or canned fruit for a balanced breakfast.

Nutrition Facts	
Serving Size 1 pancake (108g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 610mg	25%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 2%	• Vitamin C 2%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**6 pancakes,
1 per serving**

Source: 2006. Holly Pederson, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)