**Corn Pancakes**

- 2 eggs
- 1 cup buttermilk (or nonfat milk)
- 1 teaspoon baking powder
- ½ cup cornmeal
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- Corn from 2 ears (about 1 ⅓ cup)
- ¼ teaspoon salt, black pepper to taste

**Peak Season** August – September
DIRECTIONS

1. Whisk together with milk and eggs, stir in corn kernels. In a separate bowl, combine baking powder, cornmeal, flours, salt and pepper.

2. Add the wet ingredients to the dry ingredients and gently stir, just enough to combine.

3. Heat a skillet, sauté pan or griddle over medium-high heat. Spray lightly with cooking spray and pour about ¼ cup of batter.

4. Cook on one side until brown on the bottom with bubbles forming on the top. Flip once and continue cooking until underside is browned.

Makes 12 pancakes.

Per pancake: 92 calories, 1gm fat, 16gm carbohydrate, 2gm fiber, 4gm protein.

Summer Squash (grated or diced), can be substituted for corn.

Recipe provided by Chef Aaron Egan