

BAKED CORN LATKES WITH CREAMY CORN SAUCE

INGREDIENTS

- 1 Pepper (bell) (red)
- 3 C Corn kernels (frozen)
- Salt, pepper & garlic (to taste)
- 1 t Splenda sugar substitute **OR** sugar
- 3 Egg whites (from large eggs)
- 1/4 C Whole wheat flour **OR** gluten-free flour of your choice
- 4 t Canola oil
- Non-stick cooking spray



DIRECTIONS

- 1 Roast red pepper in a 375 F oven for 40 minutes, turning once (Skin will puff & brown)
- 2 Peel off the skin, remove the stem & discard seeds
- 3 Puree in blender or food processor
- 4 Spray 2 baking sheets with non-stick cooking spray & place in a pre-heated oven at 450 F
- 5 Cook the corn in a medium saucepan with 1 C boiling water until tender (2 minutes)
- 6 Drain the corn in a colander & let cool
- 7 Press the corn lightly to squeeze out excess water
- 8 Puree 1 C of the corn kernels in a food processor
- 9 Add seasonings (to taste), sugar & egg whites & process until just mixed
- 10 Transfer the mix to a bowl & stir in the red peppers, flour & then the remaining corn kernels.
- 11 Brush 2 t of oil on the now hot baking sheets
- 12 Spoon small mounds of the latke mixture on the sheets forming 2 to 2 ½ inch pancakes
- 13 The sheet should sizzle a bit when the batter hits it
- 14 Leave 1 inch between each latke
- 15 Bake the latkes in the oven until golden brown (6 - 8 minutes per side) turning once with a spatula
- 16 When you turn the latkes, try to flip them onto spots on the baking sheet that still have oil

NOTE

See page 2 for the Creamy Corn sauce recipe

CREAMY CORN SAUCE

INGREDIENTS

- Non-stick cooking spray **OR** Healthy oil
- 1/4 C** Corn kernels
- 1** Pepper (red bell) (small) (finely diced)
- 1 C** Vegetable broth
- 1 C** Cream
- 2 T** Chives (minced)
- Salt & pepper (to taste)



DIRECTIONS

- 1 Spray a saute pan with non-stick cooking spray **OR** 1 T healthy oil
- 2 Saute corn kernels until tender (2 minutes) & then set them aside
- 3 Repeat the spray or oil process & saute the pepper until tender (2 minutes) & add it to the corn
- 4 In a 2 qt pot, heat the vegetable broth & simmer until reduced to 1/2 C
- 5 Add sauteed corn & bell pepper
- 6 Blend in cream & simmer until thickened
- 7 Stir in chives & add salt & pepper (to taste)
- 8 Makes about 1 1/2 cups.