



Recipe: Sweet Corn and Quinoa Fritters

Makes about 16 fritters

August is the absolute best time of year to enjoy the abundant corn crop. With so much available, I like finding different ways to take advantage of all that sweet goodness. Combining corn, fresh or already cooked, with a hearty whole grain like quinoa makes these little cakes especially nutritious. A crispy fritter on the outside with a soft pancake-like interior helps these cakes go from meal to meal with ease. Enjoy as a hearty toasted side to any breakfast, or use as a base to a salad for lunch. Dinner time is effortless when you top each cake with grilled chicken or pork and a satisfying mound of fresh vegetables. Freeze extra fritters so you have plenty on hand as we head into those final weeks of summer.

Ingredients

1 cup flour (choose all purpose or white whole wheat)
1 teaspoon baking powder
1 tablespoon sugar
2 cups prepared quinoa (cooked according to manufacturers instructions)
2 eggs
1/2 cup yogurt (choose Greek-style for a thicker batter or plain for a pourable batter)
1/4 cup heavy cream (choose milk, whole or low fat)
2 cups fresh corn lightly steamed (or make use of leftovers and just use that)
3/4 cup grated parmesan cheese (substitute your favorite cheese, like cheddar, provolone or even mozzarella)
2 tablespoons fresh minced chives
2 tablespoons fresh minced parsley
1 shallot, finely chopped
Salt and fresh ground pepper, to season
Olive oil and grapeseed oil, to sauté

Preparation

In a large mixing bowl combine the flour, baking powder, sugar, and quinoa. Add the eggs, yogurt, and cream and mix until you have a smooth but stiff batter. Add in the corn, cheese herbs and shallot. Toss well to incorporate and set aside.

Heat 2 tablespoons each of the olive oil and the grapeseed oil in a large skillet over medium heat. When hot drop about 1/4 – cup of the batter onto the skillet and carefully flatten with a spatula. Repeat until your skillet is full. Cook about 2 minutes until golden brown on one side. Carefully flip the fritter over and continue to cook for 1 to 2 minutes longer. Remove to a paper-towel lined plate. Season with salt and pepper. Repeat the

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procedure until all the batter is used. Serve warm as a side or a main ingredient to your meal.

***Note:** Keep your fritters warm in a 200 F oven while you prepare the remaining fritters. Fritters will freeze well when stacked between waxed or parchment paper and sealed in a freezer bag for up to 3 months.*