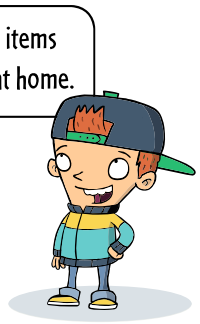
SHOPPING LIST

Crunchy Corn Cakes

- ◯ All-Purpose Flour
- ◯ Yellow Cornmeal
- ◯ Sugar
- ◯ Kosher Salt
- ◯ Baking Soda
- ◯ Cayenne Pepper
- ◯ Whole Milk
- ◯ Eggs
- ◯ Fresh Corn
- ◯ Scallions
- ◯ Canola Oil



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Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Crunchy Corn Cakes

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	6
YES	About 30 min.	Hard	

YOU WILL NEED

- **1 cup** all-purpose flour
- **½ cup** yellow cornmeal
- **1 tablespoon** sugar
- **1 teaspoon** kosher salt
- **½ teaspoon** baking soda
- **⅛ teaspoon** baking soda
- **¾ cup** whole milk
- **2** large eggs
- **3 cups** kernels from 3 ears of fresh corn (x 3)
- **2** scallions, sliced thin
- **4 tablespoons** canola oil (x 4)

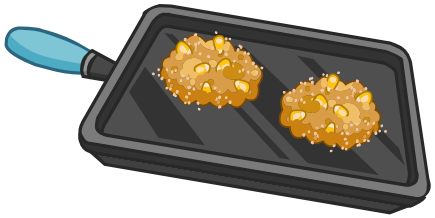
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

3 cups of thawed and drained frozen corn kernels can be substituted for the fresh corn.

STEP 1: Whisk the flour, cornmeal, sugar, salt, baking soda and cayenne together in a large bowl until combined. In a separate bowl, whisk the milk and eggs together until combined. Add the wet ingredients into the dry and stir until just combined. Stir in the corn and scallions.

STEP 2: Heat 2 tablespoons of the oil in a 12-inch nonstick skillet over medium heat until hot. Working with ½ cup of batter, add 3 cakes to the skillet. Cook until golden brown on the first side, about 2 minutes. Carefully flip the cakes and continue to cook until the second side is golden brown, about 2 minutes longer. Transfer to a paper towel-lined plate and repeat with the remaining oil and batter. Serve.



Nutrition Facts

Serving Size 1 cake (178g)
Servings Per Container

Amount Per Serving	
Calories 310	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 470mg	**20%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 8g	
Vitamin A 4% • Vitamin C 10%	
Calcium 6% • Iron 10%	

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4