

Corn Fritters

Yield: 6 servings (about 18 fritters)

Ingredients:

1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
¼ teaspoon cayenne, or more to taste
1 teaspoon ground chili pepper
2 teaspoons ground cumin
2 eggs
½ cup milk
1 teaspoon vegetable oil
1½ cups corn, preferably fresh (cut from the cob)
1/3 cup sliced green onions
2 tablespoons chopped fresh cilantro
1 cup grated cheddar cheese

Procedure:

In a large bowl, whisk together the flour, baking powder, salt, cayenne, chili pepper and cumin. In a smaller bowl, lightly beat the eggs, then add the milk and oil, stirring slightly. Add milk mixture to flour mixture and stir until it forms a batter. Add corn, green onions, cilantro and cheese and stir until all ingredients are mixed well. Drop batter by heaping tablespoon into 350 F oil and fry for 4 to 5 minutes in small batches of six to eight, turning fritters once. (Deep-frying appliance should easily accommodate 2 inches of oil.) Allow oil to reach 350 F before frying each subsequent batch. Keep fritters in warm oven until ready to serve.

about 480
calories and
36 fat grams
per serving of
3 fritters

The fritters also contain some iron and B vitamins.

NDSU Agriculture Communication



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