

Jalapeno Corn Cakes



Totals for one corn cake (makes 17):

Calories 72 Fat 0g Fiber 1g Carbs 14g

What you'll need:

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|-------------------------|----------------------------------|
| 1 Cup yellow cornmeal | 1 Egg |
| ½ Cup self-rising flour | 1½ Cup skim milk |
| ½ Cup whole-wheat flour | ½ Cup finely chopped onion |
| 1 tsp Baking powder | 4 Finely chopped green onions |
| 1 Dash of salt | 4 Finely chopped jalapeno slices |
| 1 T Splenda for baking | |

Butter flavored cooking spray

Large skillet

Spatula

Let's get to cooking!

1. Mix all dry ingredients together well.
2. Add egg and milk to dry ingredients and mix thoroughly.
3. Add onions and jalapenos and mix (and the jalapenos are optional if you don't want them spicy/hot, plain they're very delicious too, but you'll need to change the name of the dish).
4. Spray skillet with butter flavored cooking spray (you'll do this in between each batch you cook).
5. Turn your heat to medium and allow the skillet to heat up.
6. Drop by spoonful a portion of the mix onto the cooking surface, like pancakes, and I use a large skillet and cook four of these at a time.
7. Once the cake bubbles through, again like a pancake, flip and cook until golden brown on each side. The diameter of each should be between 3-4 inches each.

Dreaming of cornbread and trying to figure out a way to eat a low calorie version, inspired this **Kitty's Lighter Weigh** recipe.