



Corn cakes with lime crema

Prep time: 10 min
Cook time: 10 min
Servings: 4

INGREDIENTS

- ½ cup masa harina de maíz or instant corn masa flour
- ¼ cup whole wheat flour
- 1½ tablespoons cornstarch
- ½ tablespoon baking powder
- ¼ teaspoon salt
- 1 egg
- 1 cup milk
- ¼ cup corn kernels
- ¼ cup grated Monterey Jack cheese
- 2 tablespoons diced green chiles
- ¼ teaspoon ground cumin
- 2 tablespoons chopped cilantro
- Cooking spray

For lime crema:

- 1/2 cup sour cream
- 1 Tbsp lime juice
- 1/8 tsp salt

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Combine the dry ingredients (masa harina, whole wheat flour, cornstarch, baking powder, and salt) in a large mixing bowl and mix.
2. Combine the remaining ingredients (egg, milk, corn, cheese, chile, cumin and cilantro) in a medium mixing bowl and mix.
3. Pour the liquid ingredients in the dry ingredients and mix until combined.
4. Preheat a griddle over medium heat. Spray with cooking spray. Spoon tablespoon-sized portions of batter onto griddle and cook for 2-3 minutes. Flip each pancake and cook on the other side. Remove from griddle and keep warm.
5. To make lime crema, combine ingredients in a small bowl and stir.
6. Serve corn cakes with lime crema and enjoy!

Masa harina de maíz is a type of corn flour. It is used to make corn tortillas, tamales, pupusas and other Latin American dishes. It is made from corn kernels that have been soaked in lye. The lye softens the corn and makes it easier to digest the B vitamins.