

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *September* -

CORN

CORN & JALAPEÑO FRITTERS

2 eggs, beaten

3TBL. all purpose flour

2 TBL. corn meal

2 TBL. Parmesan cheese

1/4 tsp. garlic powder

1/2 tsp. salt

2 c. fresh corn kernels

1-2 scallions, minced

1/2-1 jalapeño, seeded and minced

4TBL. Canola oil

Whisk 2 eggs in a medium sized bowl. Add flour, corn meal, Parmesan cheese, garlic powder and a pinch of salt. Whisk until smooth. Add corn kernels, scallion and jalapeño.

Heat oil in a sauté pan. Working in batches drop teaspoonful of the batter into the heated sauté pan. Cook approximately 3-4 minutes on each side, or until golden brown. Season with salt if needed. Serve with plain yogurt or sour cream and lime wedges.

Recipe by Robin Forte



For more information visit

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