

Griddle Corn Cakes

Deliciously sweet and savory, these griddle corn cakes are a tasty option for breakfast or lunch.

CACFP Crediting Information:

1 corn cake provides 2 oz eq grains.



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Makes: 6 servings

Ingredients

- 1 cup (about 4 oz) cornmeal, whole grain
- 1 cup (about 4 oz) whole wheat flour
- 2 Tbsp sugar
- ¾ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 1 tsp rosemary, ground
- 1 tsp sage, ground
- ¼ tsp garlic powder
- 5 oz buttermilk, low-fat
- ¼ cup (2 oz) vegetable oil
- 1 egg, large
- 1 oz water

Directions

- 1 Whisk cornmeal, flour, sugar, baking powder, baking soda, salt, rosemary, sage, and garlic powder together in a large mixing bowl.
- 2 Whisk buttermilk, oil, egg, and water together in a separate bowl.
- 3 Add the buttermilk mixture to the dry ingredients and mix until smooth. The mixture will be thick; do not add more buttermilk.
- 4 Heat a 12-inch nonstick griddle over medium heat, and spray with a pan release spray.
- 5 Using a ⅓ cup dry measuring cup or 3 oz ladle, portion 3 oz of batter onto the hot griddle, making 4 ½ inch corn cakes.
- 6 Cook until edges are set, and bubbles develop on the surface, about 2 to 3 minutes.
- 7 Using a spatula, flip corn cakes. Continue to cook second side for 1 to 2 minutes, until golden brown.

Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds. Hold for hot service at 140 °F or higher.
- 8 Serve immediately. Serve 1 corn cake. Suggest serving with sour cream or corn salsa, and 1 oz smoked salmon slices.

NUTRITION INFORMATION

For 1 corn cake

NUTRIENTS	AMOUNT
Calories	248
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	35 g
Sodium	261 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars	N/A
Protein	6 g
Vitamin A	117 IU
Vitamin C	0 mg
Calcium	78 mg
Iron	2 mg

N/A=no information available

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Source:

USDA Standardization Recipe Project - 2024