

Corn Cakes – by Paula Hendricks, Nutrition Consultant



Love polenta cakes? Try these delicious corn cakes using low-carb hominy, which is a great substitute containing only 4 grams of net carbs per serving. I like to serve this dish with the Tomato-Basil Infused Chicken Breasts recipe from May 2010 but you can serve it with any meat dish. Enjoy on LCD and MD Diet.

Ingredients:

- One 28 oz can Juanita's Mexican Style Hominy ONLY
- ½ cup shredded fresh parmesan cheese
- ¼ cup extra virgin olive oil
- 2 garlic cloves, minced
- 2 T. chopped fresh basil, firmly packed (or 1 tsp. dried basil)
- ½ tsp. each salt and pepper
- 1 tsp. Napa Valley Meritage seasoning
- You will need a food processor



Instructions:



Drain water from hominy and place in food processor. Add the remaining ingredients. Blend for 30 seconds, stop and scrape the sides down. Keep blending and scraping the sides until the ingredients are completely smooth. Remove from processor and form into ball. Make 16 equal sized balls and flatten each with your hand into small cakes.

Using a non-stick griddle on medium heat, brush a little olive oil on the surface and place the cakes on griddle. Cook for about 3 minutes on each side. Don't overcook or the cakes will dry out. Once they are cooked, place them on a serving plate and sprinkle a little fresh parmesan cheese and fresh basil slices over the tops.



Nutritional Analysis: This is a low-carb healthy side dish containing approximately 45 net calories per cake, 2 grams of protein, 1.5 grams of net carbohydrate, and 3.5 grams of fat.