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Corn Latkes

- 3 Cups frozen corn kernels (frozen works better)
- Salt
- 1 Tsp sugar or 1 teaspoon sugar substitute
- 3 Large egg whites
- 1/4 Cup all-purpose flour
- 4 Tsp canola oil

- 1) Place two non-stick baking sheets in the oven and preheat to 450° F.
- 2) Cook the corn in a medium saucepan with a cup of boiling water 'until tender, about 2 minutes. Drain the corn in a colander and let cool. Press the corn lightly to squeeze out excess water. No wringing.
- 3) Puree 1 cup of the corn kernels in a food processor. Add salt to taste, sugar and egg whites and process until just mixed. Transfer the mixture to a bowl and stir in the flour, then the remaining corn kernels.
- 4) Brush 2 teaspoons of oil on the now hot baking sheets. Spoon small mounds of the latke mixture on the sheets forming 2 to 2 ½ inch pancakes. The sheet should sizzle a bit when the batter hits it. Leave one inch between each latke.
- 5) Bake the latkes in the oven until golden brown, 6 to 8 minutes per side, turning once with a spatula. (When you turn the latkes, try to flip them onto spots on the baking sheet that still have oil.).
- 6) Serving suggestions: If you are in a sweet mood serve latkes with sour cream and strawberry or raspberry preserves. Savory more your style, then try sour cream alone or with some chopped scallions.

Makes 6 Latkes

