

Flapjacks

Makes: 4 Servings

Yellow corn grits are used to make a pancake. Serve at breakfast or as a side dish that goes with fish, poultry, and meats.

Ingredients

1 cup yellow grits, dry
1/8 teaspoon salt
2 tablespoons sugar
1 cup boiling water
1/2 cup low-fat milk
1 egg
2 tablespoons margarine, melted
1/2 cup flour
2 teaspoons baking powder
nonstick cooking spray

Directions

1. Combine grits, salt, and sugar in a bowl. Slowly add 1 cup boiling water. Cover and let stand for 10 minutes.
2. In a separate bowl, beat together milk, egg, and butter. Add to grits mixture.
3. Stir flour and baking powder into batter.
4. Heat a 10-inch skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls (about 1/4 cup) of batter into the skillet.
6. Cook two flapjacks at once. Turn over when the surface is bubbly.
7. Serve warm alone, with fresh or canned fruit, or warm maple syrup.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	310	
Total Fat	8 g	
Protein	8 g	
Carbohydrates	52 g	
Dietary Fiber	1 g	
Saturated Fat	2.5 g	
Sodium	350 mg	