

Southwestern Corn Fritters



Cookwell™
Healthy Cooking Oils

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INGREDIENTS

2 cups	Cookwell Fry Plus™
1 ½ cups	Whole Wheat Flour
½ cup	Cottage Cheese, small curd
½ cup	Corn
2	Eggs
¼ cup	Water
2 Tbsp.	Flax Seed
2 Tbsp.	Onion, minced
2 Tbsp.	Poblano Pepper, diced
¼ tsp.	Paprika
1/8 tsp.	Cayenne
1 Tbsp.	Sugar
1 Tbsp.	Honey
2 tsp.	Baking Powder
¾ tsp.	Salt

COOKING INSTRUCTIONS

1. Mix flour, flax, spices, sugar, salt and baking powder together in a large bowl.
2. Mix corn, cottage cheese, onion, poblano, eggs, water and honey together in a separate bowl.
3. Heat oil for frying in a sauce pan over medium heat.
4. Fold together wet and dry ingredients with a spatula.
5. Drop mixture, 1 Tbsp. at a time carefully into oil, turning after golden brown on each side.
6. Remove from oil and drain on paper towels.
7. Serve with avocado cilantro aioli for dipping!

Tip: To keep oil temperature stable, use a candy thermometer in oil.

