Zucchini, Corn and Red Pepper Pancakes

onegreenplanet.com, contributed by Leslie Warmke, MG

2 medium zucchini, grated (about 3 cups)
6 green onion, thinly sliced
1 ½ cups corn, fresh or frozen
½ large red bell pepper, finely diced
½ cup fresh basil, finely chopped
½ cup whole wheat pastry flour
1 teaspoon each baking powder and sea salt
¼ teaspoon black pepper to taste



Preparation

- 1. Grate the zucchini on the large holes of a box grater. Place the grated zucchini in a bowl with the remaining ingredients and mix well.
- 2. Heat a nonstick skillet over medium heat and brush lightly with a little oil.
- 3. Drop 1/2-cup measures of the zucchini mixture onto the heated skillet. Cook them for 4 minutes without touching them. Gently turn them over and cook the other side for 3 minutes.

Serve with Cherry Tomato Topping or Roasted Red Pepper Sauce