



Makes about 10 pancakes
Cook Time: 35 minutes

INGREDIENTS:

1½ cups whole wheat pastry flour

½ cup cornmeal

1 tablespoon aluminum-free baking powder

½ teaspoon sea salt

1½ cups unsweetened, unflavored plant milk

¼ cup unsweetened applesauce

1 medium red bell pepper, seeded and finely diced

1 (10-ounce) package frozen corn kernels, thawed

1 cup cooked or canned black beans, rinsed and drained

6 green onions, white and light green parts thinly sliced

Avocado oil cooking spray (optional, [learn more](#))

[Sour "Cream"](#) for serving (optional)

Chopped fresh cilantro, for serving

Corn and Black Bean Cakes

My mom made a version of these savory pancakes for dinner when I was a kid. My updated version is healthier, but no less delicious—and now I enjoy them for breakfast, too! For best results, don't try to flip the pancakes until they are thoroughly crisped on the underside; only then will they release from the pan easily.

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 6 calories, 0.6 g total fat, and 0 g saturated fat per serving.

From *The Forks Over Knives Plan*

By Del Sroufe

- 1 Preheat the oven to 200°F.
- 2 In a large bowl, whisk together the flour, cornmeal, baking powder, and salt until well combined. Make a well in the center of the flour mixture and add the plant milk, applesauce, bell pepper, corn, black beans, and green onions. Gently fold the ingredients together just until incorporated. Do not overmix.
- 3 For oil-free: Heat a skillet or large nonstick pan over medium heat until a few droplets of water dropped in the pan jump and sizzle. *(If using oil: Lightly coat a skillet or large nonstick pan with avocado oil cooking spray, then heat over medium until shimmering.)*
- 4 Spoon ½ cup batter for each pancake onto the pan, making sure they don't touch each other, until no more will fit. Cook until the undersides are crisp and the pancake can be flipped easily without falling apart, about 4 minutes. Using a spatula, turn the pancakes over and cook until the other side is lightly browned and crisp, about 4 minutes. Transfer the pancakes to a heatproof platter and place in the oven to keep warm. Repeat with the remaining batter.
- 5 Serve the pancakes topped with salsa, [sour cream](#), and chopped cilantro.