Farm Market Recipe

Blueberry-Ricotta Pancakes

Ingredients:
- ½ cup whole-wheat pastry flour (see Source)
- ¼ cup plus 2 tablespoons all-purpose flour
- 1 teaspoon sugar
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon freshly grated nutmeg
- ¾ cup part-skim ricotta cheese
- 1 large egg
- 1 large egg white
- ½ cup nonfat buttermilk (see Tip)
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 2 teaspoons canola oil, divided
- ¾ cup fresh or frozen (not thawed) blueberries

Directions:
1. Whisk whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda and nutmeg in a small bowl. Whisk ricotta, egg, egg white, buttermilk, lemon zest and juice in a large bowl until smooth. Stir the dry ingredients into the wet ingredients until just combined.

2. Brush a large nonstick skillet with ½ teaspoon oil and place over medium heat until hot. Using a generous ¼ cup of batter for each pancake, pour the batter for 2 pancakes into the pan, sprinkle blueberries on each pancake and cook until the edges are dry and bubbles begin to form, about 2 minutes. Flip the pancakes and cook until golden brown, about 2 minutes more. Repeat with the remaining oil, batter and berries, adjusting the heat as necessary to prevent burning.

Tips:
- Look for whole-wheat pastry flour in the natural-foods section of large supermarkets and natural-foods stores.
- No buttermilk? Mix 1 tablespoon lemon juice into 1 cup milk.

Nutrition Facts:
Servings: 4   Serving Size: 2 pancakes
Per Serving: calories 237; protein 12g; carbohydrates 30g; dietary fiber 3g; sugars 8g; total fat 8g; saturated fat 3g; cholesterol 61mg; vitamin A 262IU; vitamin C 5mg; folate 15mcg; sodium 322mg; calcium 169mg; iron 1mg; magnesium 14mg; potassium 134mg.

Recipe from eatingwell.com