

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