

Monthly
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Simply Seasonal

Corn Burgers

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Corn Burgers

Ingredients

- * $\frac{3}{4}$ cup corn
- *1 egg
- * $\frac{1}{4}$ cup polenta
- 2 Tbsp flour
- 1 tsp cornstarch
- $\frac{1}{4}$ tsp baking powder
- *3 scallions, sliced
- $\frac{1}{2}$ cup oil-packed sun-dried tomatoes, diced
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp pepper
- *2 oz. goat cheese, crumbled
- 1 Tbsp olive oil

Directions

1. Place $\frac{1}{2}$ cup corn and the egg in a food processor and pulse until it is the texture of hummus.
2. In a mixing bowl, whisk together polenta, flour, cornstarch and baking powder.
3. Stir in remaining corn, the corn-egg mixture, scallions, sun-dried tomatoes, salt & pepper.
4. Fold in goat cheese over the corn mixture.
5. Heat oil in a skillet. Drop the mixture by $\frac{1}{4}$ cup portions onto the skillet, pressing down gently to round them into burger shapes.
6. Cook until golden brown on the bottom, 4-5 minutes. Carefully flip and cook until firm, another 4-5 minutes.

*can be found locally

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