

## Mexican Corn Cakes

*Bisquick Heart Smart™ recipe! Reduced-fat and fat-free ingredients add a healthier twist to popular pancakes.*

- 1 1/2 cups Bisquick Heart Smart™ mix
- 1/2 cup cornmeal
- 1 cup fat-free (skim) milk
- 3 egg whites
- 1 jar (16 oz) Old El Paso® Thick 'n Chunky salsa
- 1/2 cup Green Giant® Niblets® frozen corn, cooked, drained
- 2 tablespoons chopped ripe olives
- 1 cup Old El Paso® fat free refried beans
- 1/2 cup shredded reduced-fat Cheddar cheese (2 oz)
- Fat-free sour cream, if desired

1. Heat nonstick griddle to 375°F or heat skillet over medium heat; grease with shortening if necessary. In large bowl, stir Bisquick® mix, cornmeal, milk and egg whites until blended. Pour batter by 1/4 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden.
2. In small bowl, mix salsa, corn and olives. Place 1 corn cake on each of 6 microwavable serving plates; spread each cake with generous 2 tablespoons beans. Top each with additional corn cake. Spread 1/3 cup salsa mixture over top of each cake stack. Sprinkle each serving with generous 1 tablespoon cheese.
3. Microwave each serving uncovered on High about 1 minute or until heated through and cheese is melted. Serve with additional salsa and sour cream if desired.

**Per Serving:** Calories 270 (Calories from Fat 30), Total Fat 3 1/2 g (Saturated Fat 1/2 g, Trans Fat 0g) Protein 11g

**% Daily Value:** Vitamin A 8%, Vitamin C 0%, Calcium 25% Iron 15%

**Exchanges:** 2 1/2 Starch, 1/2 Other Carbohydrate, 1/2 Very Lean Meat, 1/2 Fat

**Carbohydrate Choices:** 3