

CORN DOG



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ ¼ cup frozen corn, thawed
- ★ ¾ cup plus 1 tablespoon almond flour, divided
- ★ 2 tablespoons fine cornmeal
- ★ ½ teaspoon baking powder
- ★ ¾ cup reduced-fat mozzarella cheese
- ★ 1 large egg
- ★ 4 turkey hot dogs, preferably uncured
- ★ 4 10-inch wooden skewers
- ★ Olive oil spray
- ★ No-sugar ketchup, optional, for serving
- ★ Yellow mustard, optional, for serving

DIRECTIONS

In a medium bowl whisk together ¾ cup almond flour, cornmeal and baking powder.

In a food processor, pulse corn until finely chopped. Add the almond flour mixture and pulse until combined.

In a microwave safe bowl, melt the mozzarella cheese in 15 second increments, stirring between until fully melted. Add to the food processor along with egg and pulse until a dough forms, using a rubber spatula to scrape down the sides of the bowl, as needed.

Place a piece of parchment on a work surface and sprinkle with 1½ teaspoons of almond flour. Transfer dough on top and pat into a rectangle. Sprinkle dough with remaining 1½ teaspoons of almond flour and top with a second sheet of parchment paper. Roll dough into a 12-by-6-inch rectangle, ¼-inch thick. Transfer parchment-covered dough to a rimmed baking sheet and transfer to the freezer. Freeze 20 minutes for easier handling.

Meanwhile, heat the oven to 400 degrees F. Insert a skewer lengthwise into each hot dog. Remove dough from the freezer, transfer to a work surface, peel off and discard the top piece of parchment paper. Cut dough into four 3-inch wide strips and set a hot dog on top of each strip. Form the dough around each hot dog, gently squeezing until the dough is completely sealed.

Line the rimmed baking sheet with parchment and lightly spray with olive oil. Arrange the corn dogs on the sheet in a single layer and spray with olive oil.

Bake until corn dogs are golden brown, turning them ¼ turn every 6 minutes, about 24 minutes total. Serve with no-sugar ketchup.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Corndog = 116g)

260 Calories Per Serving, **14g** Total Fat,

12g Total Carbohydrates, **21g** Protein

Estimated nutrition information is provided as a courtesy.

Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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