

Pupusas de Queso with Kale & Spinach

Makes 12 pupusas

Ingredients:

- 2 cups masa harina
- 1 cup water
- 1 small onion, diced
- Kale, spinach or other dark, leafy greens, chopped small
- 1 teaspoon cumin
- 1 teaspoon red pepper flakes
- Salt (optional) and pepper to taste
- 1-1/2 cups cheese, grated (Monterey Jack, mozzarella, or other soft, white cheeses)



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Steps:

- 1) In a large bowl, mix together the masa and water and knead well. Knead in more water, one tablespoon at a time if needed. The dough should be moist yet firm. Set aside to rest 5-10 minutes.
- 2) Over medium heat, cook the onion and greens in a skillet until soft. Add the cumin, red pepper flakes, salt (if using) and pepper to taste.
- 3) Remove vegetable mixture from heat and mix in cheese.
- 4) Divide dough into small portions and roll each portion into a small ball. Press the ball out with your palms to form a disc.
- 5) Place one of the dough discs on a piece of plastic wrap. Add the cheese and greens mixture. Place another dough disc on top and press down on the edges with another piece of plastic wrap.
- 6) Cook each pupusa for about 1-2 minutes on each side until lightly browned in a heated non-stick skillet.

Pupusa Facts:

- Pupusas were first created by native tribes in what we now call El Salvador. El Salvador is the smallest country in Central America and is located between Guatemala and Honduras.
- Pupusas are made of handmade corn dough that is filled with one or more of the following: cheese (soft white cheeses are best), pork, squash, leafy greens, or other vegetables, meat or beans.
- This recipe contains lots of CALCIUM. Calcium is essential for healthy bones and teeth! Calcium is usually associated with dairy products (like milk, cheese and yogurt) but can also be found in dark leafy greens, beans, nuts and seeds.
- A key ingredient in pupusas is masa harina, which is maize (another word for corn) flour treated with lime. This flour is the basis for many Latin American dishes.

This recipe was developed through Eat Better, Feel Better, a school-based, community partnership that creates healthier school environments through healthy eating and active living (funded by SNAP - Supplemental Nutrition Assistance Program).