

Pupusas de Queso with Kale and Spinach

Pupusas were first created by native tribes in what we now call El Salvador. They are made of handmade corn dough that is filled with one or more of the following: cheese (soft white cheeses are best),

- 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

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.
2. Set aside to rest 5-10 minutes.
3. 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.
4. Remove vegetable mixture from heat and mix in cheese.
5. Divide dough into small portions and roll each portion into a small ball. Press the ball out with your palms to form a disc.



Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 5g	8%	Total Carb. 15g	4%
Sat. Fat 3g	15%	Fiber 0g	0%	
Trans fats 0g		Sugars 0g		
Cholest. 13mg	4%	Protein 5g		
Sodium 79mg	4%			
Vitamin A 6%	Vitamin C 2%	Calcium 15%	Iron 8%	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

6. 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

Calcium is usually associated with dairy products (like milk, cheese, and yogurt) but can also be found in dark leafy greens, beans, and nuts



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



El Salvador is the smallest country in Central America and is located be-



This recipe contains lots of CALCIUM. Calcium is healthy and teeth!



essential bones



for

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