



Zucchini and Cheese Pupusas

Prep time: 30 min
Cook time: 30 min
Makes 12 pupusas

INGREDIENTS

- 1 medium zucchini, grated
- Optional: 3 tbsp canned mild diced green chilies
- 4 cups grated Monterey Jack or mozzarella cheese
- 4 cups masa harina de maíz (instant corn flour)
- 2 tsp salt
- 3 cups cold water
- Canola or vegetable oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. In a small bowl, mix the grated zucchini, shredded cheese and chilies if using. Set aside.
2. In a large bowl, mix together the masa harina and salt. Add the water. Use your hands to mix the dough. It should feel elastic and not sticky. You may have to knead it for a few minutes.
3. Heat a large pan or a griddle to medium high heat.
4. Fill a small bowl with water. You will use it to wet your fingers each time you roll a ball of dough.
5. Take a golf-ball sized portion of dough. Roll into a ball using your palms. Use your fingers to flatten the ball onto a plate, making a round flat disc about 5 inches across.
6. Put about 2 tbsp of the zucchini and cheese mixture into the middle of the disc. Fold all of the edges over the filling. Carefully pat the stuffed ball until you have a flat disc again. Make sure none of the filling is oozing out. Repeat with remaining dough and filling.
7. Lightly brush the pan or griddle with oil. Place as many pupusas as you can in the pan, making sure they do not touch. Cook for 3-5 minutes until the bottoms are golden brown. Flip and cook on the other side for 3-5 minutes until golden brown. Repeat with remaining discs.
8. Serve with curtido (a cabbage slaw or relish) and salsa roja (a type of thin tomato-based salsa found at most grocery stores).

Pupusas are stuffed and pan-fried corn cakes. They are traditionally eaten in El Salvador and other Central American countries.

Masa harina de maíz is a type of corn flour. It is used to make corn tortillas, tamales, pupusas and other Latin American dishes. It is made from corn kernels that have been soaked in lye. The lye softens the corn and makes it easier to digest the B vitamins.