

Arepas

SERVINGS: 6

INGREDIENTS

- 1 cup warm water
- 1 cup masarepa
- ¾ cup Oaxaca cheese
- 3 tbsp vegetable oil, divided
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp black pepper
- ¼ tsp salt



PREPARATION

1. In a large bowl combine warm water, masarepa, cheese, 1 tablespoon of vegetable oil, spices, and salt. Knead the mixture together until a soft dough has formed. If the dough is too dry, add more water. If too moist, add more masarepa.
2. Portion dough into roughly ⅓ cup balls. Place each ball between two pieces of parchment or plastic and use a rolling pin to flatten to roughly ½" thickness.
3. Heat a cast-iron skillet over medium-high heat. Heat 1 tablespoon vegetable oil until hot. Add 4 arepas and cook for 4 minutes on each side, or until golden brown. Repeat with remaining oil and arepas. Serve hot with desired toppings.



Recipe Facts

per serving

\$0.91

1/2 oz-equivalent grains

1/4 c dairy

Tester Feedback

"Well, being Hispanic I eat these delicious Arepas already, however I really enjoyed making and tasting a different version of them, which was very surprisingly great!"



Suggested Toppings

- Eggs
- Shredded chicken
- Avocado
- Pickled vegetables
- Salsa or pico de gallo
- Sautéed vegetables like spinach, onions, and peppers

