

pupusas revueltas

(Salvadoran-style
Stuffed Masa Cakes)



National Heart, Lung,
and Blood Institute

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Ingredients

- 1 pound ground chicken breast
- 1 tablespoon vegetable oil
- 1/2 small onion, finely diced
- 1 clove garlic, minced
- 1 medium green pepper, seeded and minced
- 1 small tomato, finely chopped
- 1/2 teaspoon salt
- 5 cups instant corn flour (masa harina)
- 6 cups water
- 1/2 pound low-fat mozzarella cheese, grated

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1. In a nonstick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to make sure it is evenly cooked.
2. Add onion, garlic, green pepper, tomato, and salt and mix well. Cook until chicken mixture is cooked through (internal temperature, 165°F). Remove the skillet from the stove. Put the mixture in a bowl and cool in the refrigerator.
3. While the chicken mixture is cooling, place the corn flour in a large mixing bowl and gradually stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls. Press a hole in each ball with your thumb.
6. Put about a tablespoon of the chicken mixture into the hole in each ball. Fold the dough over the completely enclose it. Press the ball out with your palms to form a disk.
7. In a very hot iron skillet, cook the pupusas on each side until golden brown.
8. Serve hot with Encurtido Salvadoreño. (See separate recipe card for details.)

Low-fat ground chicken and cheese help reduce the saturated fat and calories in this tasty Salvadoran dish.

Yield 12 servings, **Serving Size** 2 pupusas, **Calories** 290, **Total Fat** 7g, **Saturated Fat** 3g, **Cholesterol** 33mg, **Sodium** 223mg, **Total Fiber** 5g, **Protein** 14g, **Carbohydrates** 38g, **Potassium** 272mg