

Pupusas Revueltas

Salvadoran-style Stuffed Masa Cakes

Ingredients

- 1 pound ground chicken breast
- 1 tablespoon vegetable oil
- ½ small onion, finely diced
- 1 clove garlic, minced
- 1 medium green pepper, seeded and minced
- 1 small tomato, finely chopped
- ½ teaspoon salt
- 5 cups instant corn flour (masa harina)
- 6 cups water
- ½ pound low-fat mozzarella cheese, grated



Salvadoreño Coleslaw is the traditional zesty topping for pupusas:

- 1 head green cabbage
- 1 cup apple cider vinegar or distilled white vinegar
- ½ cup water
- 1 medium onion
- 2 large carrots
- 1 tsp. salt
- 2 tsp. olive oil
- 1 ½ tsp. oregano
- 1 tsp. cayenne pepper
- 1 tsp. cumin
- 1 tsp. brown sugar

Using a hand-grater or the grater attachment of your food processor, shred cabbage, carrots and onion. Combine all ingredients in a large mixing bowl. Use the back of a wooden spoon to press all the ingredients down so they are submerged in liquid. Allow to rest at room temperature or in the refrigerator before serving, ideally for at least 4-6 hours.

Directions

1. Make coleslaw.
2. 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.
3. Add onion, garlic, green pepper, tomato, and salt and mix well. Cool 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.
4. 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.
5. When the chicken mixture has cooled, mix in the cheese.
6. Divide the dough into 24 portions. With your hands, roll the dough into balls. Press a hole in each ball with your thumb.

7. 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.
8. In a very hot iron skillet, cook the pupusas on each side until golden brown.
9. Serve hot with Salvadoreño Coleslaw.

Recipe Source: [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)