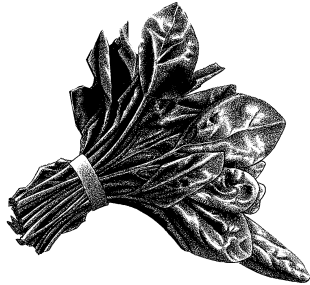


# Cheese and Spinach Pupusas

Serves 4

- 1/3 cup spinach, stems removed
- 1/3 cup mozzarella, part-skim cheese, (3 ounces)
- 1/3 cup farmer's cheese or white semi-soft cheese (queso blanco such as Viajero)
- 1 tablespoon light cream
- 2 cups of Maseca (whole-grain white corn flour)
- 1 cup warm water



1. Wash spinach leaves, remove stems and pat dry with a paper towel.
2. In a medium bowl, mix spinach with both cheeses and light cream. Set aside.
3. In a large bowl, mix the Maseca and water and blend (knead) well. Cover and set aside to rest 5-10 minutes.
4. Divide dough into four parts, making a ball with each one.
5. Press a hole in each ball with your thumb. Put about 1-2 tablespoon of cheese filling in each hole and fold the dough over to cover the filling. Flatten each filled ball between the palms of your hands to form a flat circle about 1/2 inch thick.
6. Heat an ungreased skillet over high heat. Cook each pupusa for about 1-2 minutes on each side until lightly browned.
7. Remove to a plate and cover until all pupusas are done.

## Nutrition Facts:

Serving size: 1 pupusa; Calories: 310; Fruits and Vegetables: 1/6 serving; Fat: 9 g; Fiber: 6 g



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