

Pupusas Revueltas

This recipe is lower in saturated fat than traditional pupusas, but are still loaded with flavor! Enjoy these pupusas with curtido.

Makes: 12 servings

Cook/Prep Time: Approximately 1 hour

Source: [choosemyplate.gov/recipes - pupusas revueltas](http://choosemyplate.gov/recipes-pupusas-revueltas)

Ingredients

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

Directions

1. In a non-stick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator.
3. While the chicken mixture is cooling, place the flour in a large mixing bowl and 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 and flatten each ball into a 1/2 inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is 1/2 inch thick.
6. In a very hot, iron skillet, cook the pupusas on each side until golden brown.
7. Serve hot.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 pupusas 1/12 of recipe

Nutrients	Amount
Calories:	221
Total Fat:	9 g
Saturated Fat:	3 g
Cholesterol:	38 mg
Sodium:	529 mg
Total Carbohydrates:	23 g
Dietary Fiber:	2 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	14 g

Utensils Needed

- Measuring Utensils
- Cutting Board
- Knife
- Skillet
- Mixing Spoon
- Mixing Bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$12.26

Average cost/serving: \$1.02

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

My Cooking Notes



Add 1 to Cart
Ground Chicken 16 oz



Add 1 to Cart
Part-Skim Mozzarella Shredded 8 oz



Add 1 to Cart
Fresh Onion (15 oz avg)



Add 1 to Cart
Fresh Garlic Bulb



Add 1 to Cart
Green Bell Pepper (6 oz. avg)



Add 1 to Cart
Fresh Tomato (8 oz avg.)



Add 1 to Cart
Masa Harina (Instant Corn Flour) 4.4 lb