RECIPE

Sopes

A sope is a traditional Mexican dish consisting of a masa base with savory toppings.

Makes: 4 servings

Source: https://calfreshhealthyliving.cdph.ca.gov/en/re cipes/Pages/Sopes.aspx

Ingredients

- Nonstick cooking spray
- 1 cup masa harina (corn flour)
- ½ teaspoon baking powder
- 1 cup canned chicken broth
- ¼ cup chopped red onion
- ½ cup roasted, peeled, seeded, and chopped poblano peppers (about 2 medium peppers)
- 1 cup diced tomato
- 2 tablespoons chorizo
- 1/3 cup canned fat free refried beans
- ¼ cup Queso Fresco cheese

Directions

- 1. Preheat oven to 425°F, and line a baking sheet with foil and set aside.
- 2. Stir together masa and baking powder; then stir in chicken broth, adding a little more broth if dough is too dry. (It should be very moist, but not sticky)
- 3. Quickly shape dough into four circles that are 3-inches wide with a ½-inch rim. Place on baking sheet.
- 4. Spray the dough heavily with nonstick cooking spray. Bake for 30 minutes. Remove pan from oven and spray two or three times more during cooking to make them crisp.
- 5. While sopes are cooking, spray a small skillet with nonstick cooking spray and place over medium-high heat. Add onion and cook for a few minutes, stirring frequently.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 sope	
Nutrients	Amount
Calories:	190
Total Fat:	<u>5 g</u>
Saturated Fat:	<u>1.5</u> g
Cholesterol:	<u>10 mg</u>
Sodium:	<u>470 mg</u>
Total Carbohydrates:	<u>30 g</u>
Dietary Fiber:	<u>5 g</u>
Total Sugars:	<u>11 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>8 g</u>

Utensils Needed

- Baking Sheet
- Medium Bowl
- Measuring Cups
- Measuring Spoons



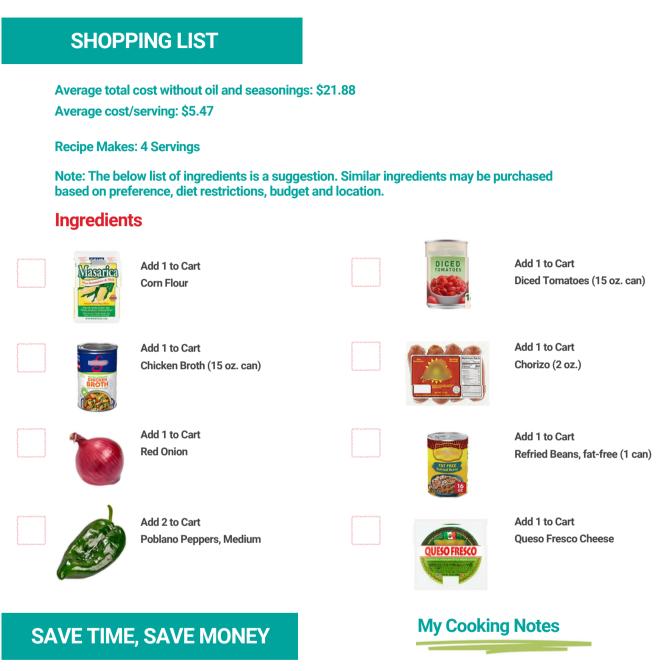
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DIRECTIONS CONTINUED

6. Stir in peppers, tomato, and chorizo and cook for 5 more minutes.

7. Spoon a heaping tablespoon of beans onto each sope then top with equal amounts of vegetable mixture.

Sprinkle each with a tablespoon of cheese and bake for 5 more minutes.



Chef's Tips

• Consider using low sodium chicken broth and diced tomatoes.

Similar Recipes

- Save money by reusing some of these Ingredients In other recipes found on snapedny.org, such as:
 - Pupusas Revueltas
 - Huevos Rancheros

