

Chalupas with Salsa and Queso Fresco

Forming and Cooking Chalupas

1 generous cup of tortilla masa (see recipe below)
canola oil for cooking
large griddle or cast iron skillet

Divide masa into 12 equal portions. Roll into small balls, cover with damp cloth and set aside. When you are ready to cook the chalupas, preheat the griddle to medium heat.

Roll one ball of masa into a cylinder 3 inches long. With your index finger, press down in the center of the masa lengthwise to create a hollow center. Taper the ends to form a small canoe. Be sure that the walls of the canoe are of even thickness.

Place your chalupa on a hot griddle, generously brushed with canola oil, bottom side first and cook until the masa is opaque and slightly speckled with brown spots (about four minutes). Turn over and cook the other side for four more minutes. If you find that the chalupas require more cooking (dough will be gritty) place them in a 350°F oven for three to four minutes.

Top each chalupa with a bit of each topping and serve hot. Makes 12.

Toppings:

2 c. cooked, finely shredded chicken
1 1/2 c. green cabbage, sliced paper thin
1/3 c. chopped onion
1 c. of your favorite salsa
1/3 c. crumbled queso fresco*
* available in our Cheese Department

Masa for Chalupas:

3/4 lb. masa harina flour*
2 T. canola oil
1 3/4 c. water
1/4 t. sea salt
* available in the Bulk Department

Combine ingredients in a bowl and mix to combine well. Knead dough for five minutes and add more water if needed to make masa smooth enough to form into masa boats. Refrigerate masa if you are making it a day ahead.

Calories: 194, Fat: 8 g, Calories from fat: 37%, Protein: 8g, Carbs: 23g, Dietary fiber: 2g, Cholesterol: 27mg, Sodium: 29mg