

Pupusa de Queso

Snack Crediting for Ages 3-5



Total Time

30 minutes



Serving Size

1 pupusa



Servings

10



Components

Meats/Meat Alternates,
Grains

Ingredients

- 2 cups corn masa
- 1 3/4 cups warm water
- 1 1/4 cups queso fresco, crumbled
- cooking spray

Directions

1. In a medium bowl, add masa and water together. Mix until all the water is absorbed.
2. Scoop 1/4 cup of masa and form into a ball. Then, make a large hole in the ball and add 2 tablespoons of queso fresco. Seal up hole by folding masa back over it. Flatten into a round disk. Repeat 9 more times.
3. Heat large skillet or griddle on medium heat and spray lightly with cooking spray. Place pupusas on skillet and cook for 3-4 minutes on each side. Serve warm with a side of [curtido](#) for a great snack!

One serving provides 3/4 oz eq grains and 1/2 oz eq meat alternate.

