



Arepas (Cornmeal Flatcakes)

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: 1 arepa without optional toppings

Ingredients

2 cups corn flour (masa harina; see Recipe Notes)

1 teaspoon salt

½ tablespoon olive oil

½ medium onion, finely chopped (about ½ cup)

1 clove garlic, minced (about ½ teaspoon)

1 cup fresh or frozen corn

¼ cup minced fresh cilantro

2 cups warm water

Nonstick cooking spray

Optional toppings: Shredded cheese, Pico de Gallo, black beans or pinto beans (drained and rinsed)

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and garlic. Cook, stirring often, for 3 minutes.
4. Add the corn and continue cooking until the onion is softened, about 2-4 minutes.
5. Add the water and cilantro, then remove from the heat.
6. In a large bowl, whisk together the corn flour and salt. Add the onion-corn mixture and stir to combine and form a dough. The texture should look like mashed potatoes.
7. Wipe out the skillet, then coat the inside with nonstick cooking spray and place over medium heat.
8. Divide the dough into eight equal portions. Flatten each portion into a disc, about ¼-inch thick and 4-inches across, then add to the skillet.
9. Cook until lightly browned, about 3-4 minutes on each side.
10. Serve warm, adding toppings as desired.

Recipe Notes

- If you cannot find corn flour, you can use cornmeal. Note that the texture will be more gritty. To make corn flour from cornmeal, grind the cornmeal to a flour consistency in a blender or food processor.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 27 g | Dietary Fiber: 3.5 g | Protein: 3.5 g**

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