

Pecan masa (open faced tamale)

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 2 Dozen

Dough ingredients	Qty	Measure/Weight
Masa	24	Oz.
Baking powder	1	Tsp.
Salt	2	Tsp.
All-purpose vegetable shortening, like Crisco	½	Lb.
Vegetable broth	6	cups
Ground pecans	1	cup
Corn husks	1	Pkg.
Filling		
Black beans, canned and drained	30	Oz.
Onion, finely diced	1	cup
Chopped green chiles, canned	3	Oz.
Garlic, minced	1	Oz.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Masa

1. Mix masa, baking powder and salt in a bowl.
2. Add the vegetable broth and mix thoroughly with your hands to make soft, moist dough. Set aside.
3. In a separate bowl, whip vegetable shortening until light and fluffy.
4. Add pecans to the masa; continue beating until batter becomes smooth and sticky for several minutes.
Allow to rest for at least 25 minutes.
5. Put 3 oz. masa in each corn husk. Tie each end to resemble a boat.
6. Steam for 20-25 minutes until firm.

Filling

1. Sauté onions, garlic and green chiles until onions are translucent. Add black beans and heat until warmed through

Serving Information

Top with pico de gallo. Drizzle with 1 oz. avocado or green chile sauce.

Nutrition Information

 *From USDA Nutrient Database Doesn't include toppings

Calories: 247 Total Fat: 14g Saturated Fat: 3g Carbohydrate: 27g Protein: 5g Sodium: 446mg
Vitamin A: 3µg Vitamin C: 2mg Calcium: 66mg Iron: 3mg Folic Acid: 113µg