

Makes: 14 (serving size = 1 arepa)



Ingredients:

Arepa-

- ♥ 1 cup cornmeal or arepa flour
- ♥ 1 cup crumbled ricotta cheese or mozzarella cheese
- ♥ 1 cup + 2 Tbsp. water
- ♥ 1/8 cup extra virgin olive oil
- ♥ 1/8 tsp. salt (optional)
- ♥ 14 oz. tomato chili jam

Tomato Chili Jam (makes 1 cup of jam)-

- ♥ 10 tomatoes
- ♥ 2 ginger roots
- ♥ 4 garlic bulbs
- ♥ 2 oz. cloves
- ♥ 4 oz. whole peppercorn
- ♥ 1 bay leaf
- ♥ 2 oz. honey
- ♥ 3 oz. red wine vinegar
- ♥ 1/2 cinnamon stick
- ♥ 1 tsp. chili powder

PREPARATION:

Arepa-

1. Combine the cornmeal or arepa flour, cheese, and 1/8 tsp. salt (optional) in a bowl.
2. Stir in water and oil until incorporated.
3. Let it stand long enough until enough water is absorbed for a soft dough to form, 1-2 minutes (dough will continue to stiffen).

4. Notes:

Tomato Chili Jam

1. Chop tomatoes
2. Peel and thinly slice ginger
3. Thinly slice garlic cloves
4. Make a sachet with cloves, peppercorns, bay leaf, and cinnamon stick

Nutrition Facts	
Serving Size: 1 arepa with 2 Tbsp. Jam	
Servings: 14	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 40mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 4g	
Vitamin A 6%	• Vitamin C 8%
Calcium 6%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

