

Featured Vegetable

SWEET POTATO

An excellent source of vitamin A, which is good for healthy eyes and skin. Also rich in Vitamin C, Fiber, and Potassium.



Sweet Potato Pupusas and Curtido

Ingredients	Directions
<ul style="list-style-type: none">● 2½ cups Masa Flour● 2½ cups Warm Water● ⅛ tsp salt● ½ cup oil (plus more for griddle)● 2 cups Oaxaca Cheese (Mozzarella or any similar cheese will work)● 1 Yellow Onion, diced● 1 Medium Sweet Potato, diced and roasted until tender	<ul style="list-style-type: none">● Wash hands, wash everything!● In a large bowl combine flour and salt● Form a well in the center and slowly add water to combine, then knead until smooth● Form dough into small balls● Mix together Cheese, Onion, and Sweet Potato● use thumb to make an indent in the masa ball and fill with Cheese mixture, then pinch to close and flatten into a patty● Griddle 3-4 minutes per side until golden brown● Top with slaw and Enjoy!

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CABBAGE

An excellent source of vitamin A, which is good for healthy eyes and skin. Also rich in Vitamin C, Fiber, and Folate.



Cabbage and Carrot Curtido

Ingredients	Directions
<ul style="list-style-type: none">● 1/2 cup Cabbage, shredded● 1 large Carrot, grated● 1/2 cup Red onion, thinly sliced● 1/4 cup Apple Cider Vinegar● 2 tsp Salt● 1 tsp. Dried Oregano● 1/2 tsp Red Pepper Flakes, Optional	<ul style="list-style-type: none">● In a large bowl combine Cabbage, Carrot, and Onion● Massage salt into vegetables to soften● Add remaining ingredients and toss to combine● Serve with Pupusas or enjoy by itself!