



Three Sisters Arepas

Equipment Needed

- Mixing bowls
- Frying pan
- Cutting board
- Knife
- Food processor, blender (immersion or stand), or hand chopper
- Spatula and/or wooden mixing spoons
- Your home stovetop or electric burner
- Measuring cups
- Measuring spoons

Three Sisters Arepas

Serves 6

Arepas

1 cup masa harina (corn flour, found in baking/international foods aisle)

$\frac{3}{4}$ cup warm water

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon ground cumin

olive oil (or other vegetable oil), for cooking

In a medium-sized mixing bowl, combine and mix arepa ingredients. Knead until smooth. Make ping pong sized balls of dough, rolling into a smooth circle. Flatten between palms, to about a $\frac{1}{2}$ -inch patty. Continue with remaining dough.

Warm olive oil in a skillet over medium-high heat. Sauté arepa 3-4 minutes each side until golden.

Butternut-Black Bean Salsa

1 cup butternut squash, peeled, diced small, and steamed/roasted (or sweet potatoes, other winter squash, carrots, etc.)

$\frac{1}{2}$ cup black beans (or pinto beans)

1 scallion, thinly sliced, whites and light green only

1 clove garlic, minced

1 lime, juiced

$\frac{1}{4}$ cup chopped cilantro

¼ teaspoon ground cumin

¼ teaspoon sea salt

Prep ingredients according to instructions. Combine and mix in a medium-sized mixing bowl.

Place a heaping spoonful of the salsa over the arepa to serve.

Spicy Cilantro Sauce

1 or 2 garlic cloves, peeled and smashed

½ teaspoon salt

1½ cups cilantro leaves, coarsely chopped

¼ cup olive oil

2 tablespoons fresh lemon or lime juice

¼ teaspoon cayenne pepper (optional)

½ jalapeno, seeded and chopped (optional)

Combine garlic, salt, cilantro, jalapeno if using, and cayenne in a blender or food processor. Process until just broken down and combined. While processing, drizzle in olive oil and lemon juice and process until smooth.