

Roasted Poblano & Quinoa Sopes

with Avocado, Arugula & Cherry Tomato Salad

In Mexico, street food goes by a special name. The ready-to-eat snacks served curbside are called antojitos, literally “little cravings.” Sopes, or corn cakes made with masa harina (maize flour), are popular evening fare, served hot with any number of toppings. Here, you’ll take the preparation indoors and turn this “little craving” into a big one by adding quinoa and roasted poblano to the batter.



Ingredients

- ¼ Cup White Quinoa
- 1 Poblano Pepper
- 2 Ounces Queso Fresco
- 1 Avocado
- 1 Bunch Cilantro
- 1 Lime
- ¼ Pound Multicolored Cherry Tomatoes
- 1 Cup Masa Harina
- 3 Ounces Arugula

Makes 2 Servings
About 575 Calories Per Serving



Instructions



1

Cook the quinoa:

Preheat the oven to 500°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Add the **quinoa** to the boiling water and cook 14 to 16 minutes, or until tender. Drain thoroughly and set aside as you continue cooking.



2

Roast the poblano:

While the quinoa cooks, place the **poblano pepper** on a sheet pan. Drizzle with oil and season with salt and pepper. Roast in the oven 9 to 11 minutes, or until the skin of the pepper is browned and blistered. Remove from the oven and set aside to cool. Reduce the oven temperature to 400°F. When the poblano is cool enough to handle, carefully remove and discard the skin and seeds; finely chop the poblano. Set aside as you continue cooking.



3

Prepare the ingredients:

While the poblano roasts, crumble the queso fresco. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lime. Peel, pit and medium dice the avocado; toss with **the juice of 1 lime wedge** to prevent browning. Pick the cilantro leaves off the stems; discard the stems. Quarter the cherry tomatoes lengthwise.



4

Make the sopes:

In a medium bowl, combine the **chopped poblano, masa harina, cooked quinoa, lime zest, 2 teaspoons of olive oil** and **1 cup of water** to create a batter; season with salt and pepper. Using wet hands, divide the batter into four ¼-inch-thick patties (or sopes).



5

Cook the sopes:

In a large pan (nonstick and oven-safe, if you have one), heat a thin layer of olive oil on medium until hot. Once the oil is hot enough that a pinch of batter sizzles immediately when added to the pan, add the **sopes** and cook, 6 to 8 minutes per side, or until browned, carefully flipping with a spatula. Transfer the pan of sopes to the oven (if you don't have an oven-safe pan, transfer the sopes to an oiled sheet pan) and bake 12 to 15 minutes, or until browned and cooked through.



6

Make the salad & plate your dish:

While the sopes bake, in a medium bowl, combine the **arugula, avocado, tomatoes, cilantro** and **half the queso fresco**. Just before serving, add **the juice of 1 lime wedge** and a drizzle of olive oil; season with salt and pepper to taste and toss to thoroughly coat. To plate your dish, divide the **baked sopes** and **salad** between 2 plates. Garnish with the **remaining queso fresco and lime wedges**. Enjoy!