

# SPICY VEGETABLE AREPAS

Arepas are a staple throughout Colombia. They are small fried corn cakes made from masa harina flour. Arepas are eaten plain as snacks, topped with cheese for breakfast, or loaded with vegetables and meat to round out a lunch or dinner meal.

## INGREDIENTS

### AREPAS

1 1/2c corn meal  
1c ricotta cheese  
1t salt  
1 1/2c water, or more as needed  
2T vegetable oil, as needed for pan frying

### FILLING

1 teaspoon oil  
1 onion, sliced thin  
1 bell pepper, sliced thin  
1 small chili pepper, sliced

1/2 cup corn kernels  
1/8 teaspoon salt  
Ricotta cheese for serving

## DIRECTIONS

In a large bowl, stir together the corn meal, ricotta and salt. Add water little by little to form a dough. Use your hands to mix and knead the dough lightly. Continue to add water until dough is pliable but not too wet. Cover and let rest for 5 minutes.

Separate the dough into balls roughly 1/3 cup size. Press the ball flat in your hand until about 1/2" thick. Press the edges with your hands so that no cracks form.

Heat 2T oil in a skillet until warm. Place arepas in the pan, then cover and cook over medium-low for 4-5 minutes. Flip, cover and cook on the other side for 4-5 minutes, until a crust is formed on both sides.

While arepas are cooking, prepare the filling. Heat oil in a medium frying pan. Add onion, bell peppers, chili pepper, and cook until soft, about 5-6 minutes. Add corn until heated through and salt and pepper to taste.

To prepare arepas, top with ricotta cheese and vegetables and serve.

