

Holiday Pork Tamales

Serving size: 2 Tamales

Makes 16 Tamales or 8 Servings

Tamale Filling Ingredients:

1 pound boneless pork loin
2 cloves garlic, minced
1 medium onion, cut into wedges
1 medium carrot, cut into 1 inch pieces
1 stalk of celery, cut into 1 inch pieces
1 tomato, chopped
1 chipotle pepper or 1 teaspoon adobo sauce, coarsely chopped
1 tablespoon chili powder
Dash of salt
¼ teaspoon cumin
¼ teaspoon dried oregano or ¾ teaspoon fresh, minced
¼ teaspoon pepper
1 bay leaf

Directions:

Place pork, garlic, onion, carrot, celery, tomato and chipotle pepper in a saucepan. Season with chili powder, salt, cumin, oregano, pepper, and bay leaf; add enough water to cover. Bring to a boil, then reduce heat. Cover and simmer until pork is tender, about two hours. Reserve the liquid. Cool and shred the pork. Use as filling for tamales.

Tamale Masa Ingredients:

1 (8 oz) package dried corn husks
2 cups masa de maiz
Dash of salt
¼ cup extra light olive oil
1¼ cup reserved broth

Directions:

Soak the corn husks in a bowl of warm water.
In a large mixing bowl, combine the masa and salt.
Stir in the olive oil and a tablespoon of the broth.
Continue to add the broth a little at a time until the dough is the consistency of smooth peanut butter.
Spread the dough onto the corn husks to ¼ to ½ inch thickness. Place a tablespoon of the meat filling in the center. Fold the sides of the husks in toward the center and place in a steamer. Steam for about 1 hour until dough is done.
Remove the tamales from the husks and top with roasted tomato salsa.

Exchanges per serving:

2 Lean Meats, 1½ Starches, 1 Fat

Nutrients per serving:

Calories: 240
Calories from fat: 95
Total Fat: 11g
Cholesterol: 23mg
Sodium: 71mg
Total Carbohydrate: 26g
Dietary Fiber: 1g Protein: 11g