



THE ART OF LIVING

24-HOUR NEWS MAGAZINE FOR DISCERNING ADULTS

Humitas: 12 units, 1 hour prep, 1 hour steam

Ingredients:

- 6 ears of corn
- 1/2 medium sized white onion
- 2 can of creamed style corn
- 1/2 cup of polenta
- 1/2 cup of corn meal
- 1/2 cup of heavy cream
- 1 teaspoon salt
- 1 tablespoon of taco seasoning (or a combination of cumin, garlic powder, and chili pepper)
- 2 cups of farmer's cheese (or whatever cheese you like)

Instructions:

1. Put all the ingredients into a food processor and process a couple of minutes until well blended, but still a little chunky.
2. Add the farmer's cheese and pulse until blended into the mixture.
3. Cover with corn husks or aluminum foil and steam for 40 to 60 minutes. They should be slightly firm to the touch when ready.

Notes:

1. You can substitute mesa harina for the dry ingredients if you prefer.
2. I typically make a pork or chicken filling for it. I just put a bunch in water and boil it for 2-3 hours. Then I shred it, add seasoning and about 2 cups of water and cook it until most of the liquid is gone.
3. This is not a real recipe. It's my own variant. For one thing, the real ones have cheese only in them. I like to add a meat filling in the center. Taco meat works well too.
4. If you choose to use corn husks, place them in a pot and cover them with boiling water for about 30 minutes to make them more pliable.
5. If you don't have a steamer, you can place the stripped corn cobs at the bottom of a pot and place the wrapped tamales on top of them to steam them, making sure to keep the water level slightly below the top of the corn.

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 243	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 3 mg	1 %
Sodium 439 mg	18 %
Potassium 138 mg	4 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 3 g	6 %
Vitamin A	1 %
Vitamin C	7 %
Calcium	2 %
Iron	4 %