



Scrambled Egg & Tomato Arepa

GLUTEN FREE

Ingredients:

For the Arepas:

- 2 cups of **Juana®** corn meal
- 2 ¼ cups of water
- 1 tablespoon of salt

For the Filling:

- 4 beaten eggs
- 1 ripe tomato, chopped
- ½ onion, chopped
- 1 red bell pepper, chopped
- vegetable oil
- salt to taste

Preparation:

For the Arepas:

1. Measure the water and pour it into a bowl. Add the salt and stir until dissolved.
2. Gradually add **Juana®** corn meal while stirring to combine with the water.
3. Once all the flour is incorporated, knead the dough for 2 to 3 minutes until it becomes very soft. Cover and let it rest for 5 minutes.
4. Divide the dough into 10 portions of approximately 3 ounces each. Using your hands, shape each portion into a ball and gently flatten to form arepas about 4 inches in diameter and 1 inch thick.
5. Cook the arepas on a griddle over medium-high heat for 5 minutes on each side, or until golden and cooked through. Cover with a cloth napkin to keep warm.

For the Filling:

1. In a skillet over medium heat, add a bit of oil and sauté the onion and red bell pepper until softened.
2. Add the tomato and cook thoroughly.
3. Then pour in the beaten eggs, season with salt to taste, and cook until the eggs are fully set. Set aside.
4. Slice each arepa horizontally halfway through and fill with the scrambled egg mixture.

Makes: 10 servings