

# Delicious, healthier tamales

*3 of these lard-free tamales contain about 300 calories  
(compared with 1,200 calories in 3 traditional tamales)*

**You will need a large packet of corn husks for making the tamales.**

## **Tamale Masa**

5 lbs. Fresh Masa                      14 oz Can Chicken Broth  
¼ Cup Chili Powder                  2 – 3 Tablespoons Salt  
1/8 Cup Baking Powder              1/3 Cup Olive Oil  
Mix all ingredients together until they are blended and placed in a large bowl.

## **Filling**

6 lbs. Lean Ground Turkey (or the meat of your choice)  
1/3 Cup Chili Powder  
1 tsp. Black Pepper  
½ Cup Water (If needed)

Heat pan on medium heat and cook ground turkey until browned. Add salt, chili powder, garlic, black pepper, and cumin. Cook on low heat for 20 minutes until meat is fully cooked. Add water if needed to keep meat moist. Let the meat cool down before making tamales.

## **Preparing the Tamales**

Soak 100 large corn husks in warm water for 1 – 2 hours until soft and flexible. Take husks out of water once soft, and dry on clean towels before making tamales.

1. Take 2 tablespoons of masa and spread on smooth side of a large corn husk
2. Spread the masa into a thin rectangle close to the wider end of the corn husk
3. Spread about 1 tablespoon of meat mixture in the middle of the masa
4. Take one side of the corn husk and fold it over the meat filling
5. Take the other side of the cornhusk and fold it in
6. Take the pointy end of the cornhusk and fold it upwards, set prepared tamales aside
7. Repeat steps 1 through 6 until all the masa and meat have been used
8. Fill the bottom of a tamale pot with water and place steaming tray into the pot, or fill a pot with an inch or two of water and place a steaming basket in the pot
9. Heat the pot until the water starts to steam slowly and adjust heat to maintain steady slow steam.

10. Place tamales standing upright into the steamer and steam for 1 to 1 ½ hours with lid on pot until tamales are cooked. Remove tamale from pot and unwrap from corn husks. **ENJOY YOUR LOW FAT TAMALES WITH SALSA, PICO DE GALLO, OR KETCHUP**



4 Cloves of Garlic – Minced  
1½ tsp. Ground Cumin

g meat