

Vegetable Tamales

Ingredients for Tamale Masa 3 Tablespoons unsalted butter 2 cups instant masa harina de maiz ½ tsp baking powder ¼ tsp salt 1.5 cups warm water 16 corn husks Ingredients for Tamale Filling 1 mild green chile 1 small zucchini ¾ cups frozen corn ¼ cup shredded cheese 1 tablespoon minced cilantro ¼ tsp dried oregano ¼ teaspoon salt	Kitchen Tools 1 set dry measuring cups 1 set measuring spoons 1 liquid measuring cup 1 water pitcher 1 cutting board Mixing bowls Mixing spoons 1 box grater 1-2 steamers Tongs 1 clean, dry towel
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Directions:

1. **Make the masa dough:** Soak corn husks in a bowl of hot water. While the husks are soaking, melt the butter. Remove from heat and let cool.
2. In a bowl, mix together masa harina, baking powder, and salt. Add the melted butter and stir. Pour in warm water, and mix well to make a soft dough. In the bowl, knead dough gently for 1 minute. Cover masa and let rest for 10 minutes.
3. **Make the tamale filling:** Wash the green chile and zucchini. Deseed and mince green chile. Using the side of the grater with the largest holes, grate zucchini.
4. In a bowl, mix together green chile, zucchini, corn, shredded cheese, cilantro, oregano, and salt. Stir well to combine.
5. When the corn husks have become soft and pliable, drain the water.
6. Flatten the masa into a disk and divide into 16 equally sized balls.
7. **Make the tamales:** Lay a softened cornhusk flat on a clean surface or in the palm of your hand. Put one piece of masa in the center of the husk.
8. Flatten masa with fingertips to 1/8 inch thick. Put 2 heaping teaspoons filling into the center of the masa.
9. Roll up and tie the ends with ¼ inch wide strips of cornhusk.
10. **Cook the tamales:** Add water to steamers according to manufacturer's directions. Add tamales to baskets. The tamales should not touch the water as they are cooking. Cover and steam for 25 minutes.

Make sure steamers don't run out of water as they cook.