

POZOLE

By Sarah Ruiz PhD, RD, LD
30 MINS | 6 servings

Spice up your mealtime with this healthy recipe!

Ingredients

- 2 tablespoons olive oil
- 2 pints of baby portabella mushrooms cut into 1" cubes
- 1 yellow onion, diced
- 2 tablespoons cilantro, chopped
- 2 cloves garlic
- 1 pinch of pepper
- 1 pound of tomatillos
- 8 ounces hominy, drained and rinsed
- 4 limes, quartered
- 1 cup canned garbanzo beans (chickpeas)
- 1 yellow onion
- 1 pinch of salt
- 1 bunch of radishes
- 1 cup of green cabbage
- 1 serving of jalapeño peppers

Preparation

1. Sprinkle salt, pepper and oil over tomatillos and onions and roast for 15-20 minutes at 400 degrees
2. Blend roasted tomatillos, onion, garlic, and jalapeño (adding water as needed)
3. Pour salsa blend into a pot and heat with 2 tablespoons of oil, then add mushrooms
4. Add water to taste (minimum 4 cups)
5. Stir in hominy and beans and cook for 10 minutes
6. Garnish with lime, radish, and cabbage
7. Top with avocado If desired

Nutrition information per serving

Calories **184 kcal**
Carbs **29g**
Protein **5.7g**
Total Fat **6.8g**

Saturated Fat **0.91g**
Sodium **291mg**
Fiber **8g**
Added Sugar **0g**

Fruits **0.67 servings**
Vegetables **2.07 servings**



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