



# Cinnamon Chipotle Cachapas with Black Bean Avocado Salsa and Pickled Red Onions

Recipe courtesy of UConn Dining Services | [dining.uconn.edu/recipes](https://dining.uconn.edu/recipes)

Makes 6 servings (2 cachapas per serving)

**Award-winning - This recipe received Gold in the 2022 National Association of College and University Food Services Nutrition Awards - Vegan category.**

## Quick Pickled Red Onions

1 cup apple cider vinegar

1/4 cup sugar

1/2 cup red onion, thinly sliced

1. Bring vinegar and sugar to a boil until the sugar dissolves.
2. Remove from the heat, and stir in onions.
3. Set aside to pickle in the refrigerator until needed.

## Black Bean Avocado Salsa

Makes 6 (2/3 cup servings)

1/4 cup olive oil

1 lime zested

3 Tablespoons lime juice

1 Tablespoons sugar

1/4 cup packed cilantro, chopped (about 1oz)

3/4 pound, rinsed and drained black beans

1 red bell peppers, medium dice

1 small serrano pepper, minced

1 garlic clove, minced

1 shallot, minced

1 teaspoon kosher salt

1/8 teaspoon cayenne pepper

1 avocado, large dice

- In small bowl, whisk together olive oil, lime zest, lime juice, sugar and cilantro.
- In large bowl, combine black beans, red bell peppers, serrano pepper, garlic, shallots, salt and cayenne pepper.
- Pour lime dressing over black beans mixture and stir until blended. Gently fold in avocados being careful not to mash them and refrigerate until needed.

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## **Cachapas**

Makes 12 each

3 pounds corn kernels, fresh or frozen (thawed and drained)  
5 ounces cornstarch  
1/4 cup olive oil  
1/4 cup sugar  
1 tablespoon kosher salt  
1 ½ teaspoons Lawry's Cinnamon Chipotle Spice  
12 slices Field Roast Chao Vegan Cheese (Creamy Original), halved  
Pan release oil as needed

1/2 cup vegan sour cream-in squirt bottle-garnish

1 lime, cut into small wedges, garnish

1. In a blender, puree together corn, cornstarch, olive oil, sugar, cinnamon, chipotle spice, and salt until pancake consistency.
2. Preheat a fry pan or flat top over medium-high heat, then coat with cooking spray.
3. Ladle 3-4 oz batter onto the flat top and smooth out into a 5-inch circle.
4. Cook until lightly browned (3-4 minutes), then flip over and cook another minute before placing 2 halves of chao vegan cheese on one half of cachapa.
5. Fold the other half over the cheese like a quesadilla and cook until the cheese is melted

## **Plating**

1. Place the cachapas on a plate and top each with 2/3 cup black bean salsa, a drizzle of 2 teaspoons vegan sour cream over the salsa, and a few (drained) pickled red onions.
2. Garnish plate with lime wedges and serve.