



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

Recipe courtesy of UConn Dining Services | [dining.uconn.edu/recipes](http://dining.uconn.edu/recipes)  
Makes 6 servings (2 cachapas per serving)

*Award-winning recipe - 2022 NACUFS Gold - Vegan Recipe*

## Quick Pickled Red Onions

1 cup apple cider vinegar

1/4 cup sugar

1/2 cup red onion, thinly sliced

- Bring vinegar and sugar to a boil until sugar is dissolved.
- Remove from heat; and stir in onions.
- Set aside to pickle in 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 Tablespoons kosher salt

1 1/2 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

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

## Plating

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

Garnish plate with lime wedges and serve.