



Makes 8 waffles + 3 cups hash

Preparation Time: 25 minutes

Cook Time: 20 minutes

INGREDIENTS:

1½ cups masa harina

½ cup cornmeal

⅓ cup almond flour

1 teaspoon regular or sodium-free baking powder

½ teaspoon sea salt

2 tablespoons lemon juice

Avocado oil spray (optional, [learn more](#))

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1 cup finely chopped onion

1 cup chopped red bell pepper

1 cup fresh or frozen corn

6 small cloves garlic, minced

1 15-oz. can black beans, rinsed and drained (1½ cups)

1 tablespoon taco seasoning

1 cup purchased oil-free salsa

1 cup guacamole

Sliced jalapeño chile (optional)

Tamales-Inspired Waffles with Black Bean Hash

This fun tamales-inspired dish features savory waffles made with corn (in the form of masa harina and cornmeal) and an easy black bean and veggie hash. Feel free to get creative and sub in whatever veggies you have on hand. Top it all off with salsa and guacamole for a flavorful, colorful meal that you can enjoy for breakfast, lunch, or dinner.

Tips

To keep finished waffles warm: Keep in a 250°F oven while you cook the rest of the batch.

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 36 calories, 4 g total fat, and 1 g saturated fat per serving.

By Darshana Thacker Wendel

- 1 Preheat waffle maker according to manufacturer's directions, using medium setting if available.
- 2 In a bowl stir together the first five ingredients (through salt). Stir in 1 tablespoon of the lemon juice and 2¼ cups water.
- 3 For oil-free, to bake waffles, spoon ½ cup batter in waffle maker, spreading batter as needed to fill the waffle grid. (*If using oil, lightly coat waffle maker with avocado oil spray before adding batter.*) Close lid; bake 5 minutes. If lid lifts easily after 5 minutes, the waffle is ready. If not, cook 30 seconds to 2 minutes. more. Using a wooden chopstick or silicone spatula, remove waffle and place on a wire rack. (See tip in intro.) Repeat with the remaining batter.
- 4 For oil-free: In a saucepan combine onion, bell pepper, corn, garlic, and ¼ cup water. Cook on medium-low 10 minutes or until tender, adding additional water, 1 to 2 tablespoons at a time, as needed to prevent sticking. (*If using oil: In a saucepan, heat oil, then add onion, bell pepper, corn, and garlic. Cook on medium-low 10 minutes or until tender.*) Stir in beans, taco seasoning, and the remaining 1 tablespoon lemon juice. Cook 5 minutes.
- 5 Serve warm waffles with hash. Top with salsa, guacamole, and, if desired, jalapeño. Serve immediately.