

## Arepa Reina Pepiada

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**About this recipe:** Reina pepiada is the most popular and beloved arepa filling in Venezuela that blends savory, creamy, and slightly sweet flavors. It is said that its name is paying homage to the beauty queen who inspired it, Susana Duijm a Venezuelan who won the Miss World title in 1955. The name "reina pepiada" translates to "curvy queen" in English.

The recipe typically consists of a cornmeal arepa stuffed with a filling made from shredded chicken mixed with mayonnaise and avocado. The shredded chicken provides a savory and seasoned taste, complemented by the rich creaminess of mayonnaise. The addition of avocado contributes a buttery texture, enhancing the overall flavor profile. Encased in a cornmeal arepa, the dish achieves a perfect balance of sweetness and heartiness. This recipe is an adaptation of the typical reina pepiada with the addition of nutrient dense ingredients while still preserving its typical taste.

**Can help with side effects:** This recipe can help manage constipation due to its high fiber content. It is also a good source of protein for patients experiencing unintentional wt loss. Those with changes in taste can benefit from the avocado boosting taste. Meanwhile phytonutrients coming from chia, cilantro and flax seeds also serve immunity for survivorship.

**Servings:** 2 medium arepas with filling

**Serving Size:** 1 medium arepas with filling

**Ingredients:**

*Arepas*

- 1 cup quick oats
- 1/3 cup cornmeal
- 1 tbs chia seeds
- 1 tbs flax seeds
- 1/2 cup water
- Sal to taste

*Filling:*

- 1 small hass avocado
- 8 oz boiled or canned chicken
- 1tbs plain greek yogurt
- 1 tbs cilantro

**Instructions:**

**Arepas:**

1. In a medium bowl, combine all dry ingredients and slowly add lukewarm water, stirring continuously until you achieve a soft, smooth, and non-sticky dough.
2. Divide the dough into two balls and shape them into discs.
3. Place shaped arepas on heated griddle or non-stick skillet over medium heat.
4. Place the formed arepas on the hot surface and cook for 5-7 minutes on each side or until they develop a golden-brown crust.

**Filling**

1. In a medium bowl mix all ingredients until you achieve a creamy and well-combined filling.
2. Carefully slice the arepas open, creating a pocket.
3. Generously fill each arepa with the reina pepiada mixture.

Total time: 25 minutes

Arepas:

- Serving Size: 1 arepa
- *Calories per Serving*: Approximately 240 calories
  - Total Fat: 9.5g
  - Saturated Fat: 1.25g
  - Trans Fat: 0g
- Cholesterol: 10mg
- Sodium: 100mg
  - Total Carbohydrates: 30.5g
  - Dietary Fiber: 3g
  - Sugars: 0.5g
- Protein: 12.5g

Filling:

- *Calories per Serving*: Approximately 95 calories
  - Total Fat: 6g
  - Saturated Fat: 1g
  - Trans Fat: 0g
- Cholesterol: 15mg
- Sodium: 30mg
  - Total Carbohydrates: 4g
  - Dietary Fiber: 2.5g
  - Sugars: 0.5g
- Protein: 9g