

# CREAMY, DREAMY Paletas

By Kelly Jameson Photography by Marty Snortum Studio

After spending decades answering to someone else in Corporate America, John King found himself among good company when he decided to hang up his business suit and venture into the paleta business. With several partners, John and his wife Linda have opened four stores in the last year that cater to the palates of Hispanic locals.

Using authentic recipes bought in Mexico, the Kings opened La Micha, a dessert company that specializes in licuados (Mexican drinks that are similar to juice-based shakes) and paletas, frozen Mexican treats on a stick that take ordinary juice bars to imaginative heights.

There are dozens of flavors, and King admits to dreaming about recipes when he sleeps. "He'll wake up and start talking about a new flavor," notes Linda. Some of the most popular varieties are King originals. Other traditional flavors are truly authentic; the watermelon paletas (which means "little shovel" in Spanish) even have seeds! Some are creamy, made with milk and sweet tropical fruits and berries. Others are icy, flavored with tart fruits or even chile, which can sometimes pack some heat. All are refreshingly low-fat and a cinch to whip up at home.



## Mexican Paletas

PREP TIME: 10 to 20 minutes, plus at least 3 hours to freeze

NOTES: The paletas that contain milk are slightly creamy; the others are icy. Use any shape of frozen fruit bar molds with a  $\frac{1}{4}$ - to  $\frac{1}{2}$ -cup capacity; they're sold in many cookware and hardware stores and through some cookware catalogs. Makes 6 paletas.

1. Pour paleta mixture (choices follow) equally into 6 juice bar molds. Attach covers. Insert sticks, leaving  $1\frac{1}{2}$  to 2 inches of each exposed. Freeze paletas upright until firm, at least 3 hours or up to 2 weeks.

2. Hold each mold up to the rim under warm running water just until paletas are released from sides of molds, 5 to 15 seconds. Remove covers and pull out paletas.

## Mango Paletas

In a blender, combine  $2\frac{1}{2}$  cups of 1-inch mango chunks (you'll need about a pound and a half of fruit),  $\frac{1}{4}$  cup sugar, and 3 tablespoons lime juice; whirl until smooth.

Nutrients per serving: Per paleta:

Calories: 85	Sodium: 2.9 mg
Calories from fat: 1.8	Carbohydrate: 22 grams
Total fat: 0.2 grams	Protein: 0.4 gram
Saturated fat: 0.1 grams	Fiber: 0.8 grams
Cholesterol: 0 mg	

## Pina Colada Paletas

In a blender, combine 1 cup milk,  $\frac{1}{2}$  cup 1-inch chunks fresh or canned pineapple,  $\frac{1}{2}$  cup sugar, 1 teaspoon vanilla, and  $\frac{1}{2}$  teaspoon coconut extract; whirl until smooth.

Nutrients per serving: Per paleta:

Calories: 76	Sodium: 20 mg
Calories from fat: 13	Carbohydrate: 15 grams
Total fat: 1.4 grams	Protein: 1.4 gram
Saturated fat: 0.8 grams	Fiber: 0.2 grams
Cholesterol: 5.7 mg	

## Strawberry Paletas

In a blender, whirl  $3\frac{3}{4}$  cups rinsed, hulled strawberries until smooth. Push through a fine strainer into a 2-cup glass measure; discard residue. Add  $\frac{1}{2}$  cup sugar and 1 tablespoon lemon juice to berry puree; stir until sugar is dissolved.

Nutrients per serving: Per paleta:

Calories: 72	Sodium: 1.6 mg
Calories from fat: 3.6	Carbohydrate: 18 grams
Total fat: 0.4 grams	Protein: 0.6 gram
Saturated fat: 0 grams	Fiber: 2.5 grams
Cholesterol: 0 mg	

### For more information:

La Micha  
915-566-3240

For information on paleta molds, visit [www.cooking.com](http://www.cooking.com) or [www.mexgrocer.com](http://www.mexgrocer.com)

Recipes provided by ¡Sabroso! Magazine

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