



April 8- Baked Empanadas – Happy Empanada Day!

Smart Snack

Link: http://www.quickhealthyrecipes.msstate.edu/view_recipe.php?recipe=10&itk=81a88ff6b595908ea8ca7560442002dd

Recipe

Ingredients:

- 1 cup finely chopped red potato
- 1 cup beef broth
- 1 cup finely chopped onion
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon allspice
- ½ pound boneless beef top sirloin, diced (remove visible fat first)
- ¼ teaspoon black pepper
- 1 tablespoon finely chopped cilantro
- 1 tablespoon cornstarch
- 1 tablespoon water
- 36 wonton wrappers
- Non-stick cooking spray

Directions:

1. Preheat oven to 400°F.
2. Combine first ten ingredients (through cilantro) in saucepan. Bring to a boil over medium heat, stirring occasionally. Reduce heat and simmer for 8 minutes (or until potato is done). Remove from heat and cool. Place 2 baking sheets in oven.
3. Drain meat mixture in a colander. Discard liquid. Finely chop meat mixture with a knife or in food processor (do not over chop in food processor).
4. Whisk together cornstarch and water. Place 1 Tablespoon beef mixture into center of wonton wrapper. Moisten the edges with cornstarch mixture. Bring opposite corners together to form a triangle. Pinch the edges to seal. Place on a wire rack.

Nutrition Facts

Serving Size 3 Empanadas (91.17g)
Servings Per Container 12

Amount Per Serving

Calories 130 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 250mg **11%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars <1g

Protein 7g **14%**

Vitamin A 4% • Vitamin C 6%

Calcium 2% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.



5. Repeat with remaining beef mixture and wrappers, keeping remaining wrappers under a damp towel to keep them from drying out.
6. Remove baking sheet from oven and coat with cooking spray.
7. Arrange empanadas in a single layer on cooking sheets and coat with cooking spray. Bake for 8 minutes or until golden, turning once.

Yield 3 servings