

Empanadas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 15 empanadas

Ingredients	Quantity	Measure
All-purpose flour	1 $\frac{3}{4}$	cup
Non-dairy margarine	4	ounces
Non-dairy cream cheese	8	ounces
Filling: Savory		
Sun Dried Tomatoes	$\frac{1}{2}$	cup
Cilantro, chopped	1	tablespoon
Non-dairy cream cheese	12	ounces
Non-dairy mozzarella cheese, shredded	3	ounces
Cayenne pepper	1	pinch
Filling: Sweet		
Granny smith apples, peeled, cut into small cubes	2	pounds
All-purpose flour	2	tablespoons
Brown sugar	1	cup
Lemon juice	2	tablespoons
Cinnamon, ground	1	teaspoon
Non-dairy margarine	2	tablespoons

Preparation

1. In a large mixing bowl, cut margarine and cream cheese into flour until mixture becomes a course meal with lumps no larger than pea-size. Mix to a soft dough.
2. Divide dough into 15 balls of equal portion. Refrigerate four hours.
3. While dough is refrigerating, make filling (recipe options below).
4. Roll out dough balls into circles. You may need to sprinkle counter with a little flour for easier rolling. Spoon in one tablespoon filling. Fold and press edge with fork to seal.
5. Deep fry until golden brown.

Filling: Savory

1. Mix sun dried tomatoes, cilantro, cream cheese, mozzarella and cayenne pepper.
2. Spoon two tablespoons on each circle, fold and press edge with fork to seal.
3. Allow to rest in refrigerator for two hours.

Filing: Sweet

1. In a medium pot combine apples, lemon juice, cinnamon and margarine. Cook over medium flame until apples release their juice.
2. Blend brown sugar and flour together. Add to apple mixture. Cook and stir until lightly thickened.
3. Reduce heat and continue to cook until apples are tender, about 20-25 minutes.

Empanadas Continued

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Nutrition Information per serving *From USDA Nutrient Database

Savory Empanada

Calories: 188 Total Fat: 12g Saturated Fat: 6g Carbohydrate: 15g Protein: 3g Sodium: 254mg
Vitamin A: 1 µg Vitamin C: 0 Calcium: 4mg Iron: 1mg Folic Acid: 43µg

Sweet Empanada

Calories: 219 Total Fat: 10g Saturated Fat: 6g Carbohydrate: 30g Protein: 3g Sodium: 157mg
Vitamin A: 3 µg Vitamin C: 3mg Calcium: 16mg Iron: 1mg Folic Acid: 45µg

