

Fresh Argentine Empanadas

Serving size: 1 empanada

Makes: about 12 empanadas

Dough Ingredients:

3 cups flour
Pinch of salt
1½ sticks butter
1 egg
4-5 tablespoons water

Directions:

In a large mixing bowl, mix the flour and salt.

Add the butter, egg and water to form a lumpy dough. Thoroughly mix together the ingredients into a smooth dough. Form the dough into a ball and refrigerate for 30 minutes.

Roll out the dough into a thin sheet and cut out discs using a 6 inch plate. Use the dough immediately or store in the refrigerator for later.

Filling Ingredients:

Chicken Diablo

1 tablespoon extra-virgin olive oil
1-6oz chicken breast, diced
1 bell pepper, diced
1 small onion, diced
1 teaspoon fresh oregano, diced
1 teaspoon fresh basil, diced
1 teaspoon fresh garlic, minced
Pinch of salt
Pinch of black pepper
¾ cup fresh tomatoes, diced

Beef Gaucho

1 tablespoon extra-virgin olive oil
½ lb lean ground beef
1 med onion, thinly sliced
1 teaspoon cumin
1 tablespoon Spanish paprika
Pinch of Salt
Black pepper to taste

Directions:

Heat the oil in a heavy skillet. For each of the meat fillings, sauté the meat, vegetables, and spices until the meat is done, about 5-10 minutes. For the Diablo recipe, add the tomato and simmer until the mixture is blended and aromatic, about 2 minutes.

Putting it all together:

Place a spoonful of filling on each dough disc being careful not to over fill. This will make sealing the empanadas easier. With practice you learn just the right amount of filling to use and still make a good seal. Fold the disc and seal the edges with your fingers. Once the empanadas are sealed, use a fork to press the sealed edges together for an attractive appearance.

Bake the empanadas in a preheated oven at 375 degrees for about 18-25 minutes or until golden brown.

Exchanges per Serving:

1 Medium Meat, 1 Starch, 1 Vegetable, 2 Fats

Nutrients per Serving Chicken Diablo:

Calories: 253
Calories from fat: 119
Total Fat: 13g
Cholesterol: 54mg
Sodium: 113 mg
Total Carbohydrate: 26g
Dietary Fiber: 1g
Protein: 8g

Nutrients per Serving Beef Gaucho:

Calories: 271
Calories from fat: 136
Total Fat: 15g
Cholesterol: 58mg
Sodium: 116 mg
Total Carbohydrate: 25g
Dietary Fiber: 1g
Protein: 8g