

Empanadas

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 2 (1/2 hotel pan) - 15 Empanadas

24 Servings

Ingredients	Qty	Measure
All-purpose flour	1 ¾	cup
Vegan margarine, like Earth Balance	4	oz
Vegan cream cheese, like Tofutti	8	oz
Filling: Savory		
Sun dried tomatoes	½	cup
Cilantro (chopped)	1	Tbsp.
Vegan cream cheese, like Tofutti	12	Oz.
Vegan shredded mozzarella, like Daiya	3	Oz.
Cayenne pepper	1	pinch
Filling: Sweet		
Granny Smith apples, peeled and cut into small cubes	2	Lbs.
Brown sugar	1	cup
Lemon juice	2	Tbsp.
Cinnamon	1	tsp.
Vegan margarine, like Earth Balance	2	Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

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.
2. Refrigerate four hours.

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, brown sugar, lemon juice, cinnamon and Smart Balance over medium flame.
2. Cook and stir until sugar is dissolved and apples begin to release their juice.
3. Reduce heat and continue to cook until apples are tender (20-25 minutes).

Combine Dough & Filling

1. Divide dough into 15 balls and roll out into circles. You may need to sprinkle counter with a little flour for easier rolling.
2. Spoon in filling. Fold and press edge with fork to seal.
3. Deep fry until golden brown.

Serving Information

Serve each empanada with fresh salsa or pico de gallo.