

Baked Empanada

Makes
20 servings

Prep time
30 minutes

Cook time
50 minutes

Good source of
Fiber
Protein
Iron

Filling ingredients:

½ pkg. achote powder
3 cups water
1 cup uncooked brown rice
1 tsp. vegetable oil
½ yellow onion, diced
2 cloves garlic, minced
1 cup chicken breast, cubed
1 cup cauliflower, diced
1 cup lite coconut milk
1 tsp. salt
¼ tsp. black pepper

Dough ingredients:

½ pkg. achote powder
2 cups whole grain corn flour
½ cup corn starch
½ tsp. salt
2 tsp. vegetable oil
2 cups low-sodium chicken broth

Nutrition Facts

20 servings per container
Serving size 1 pc (95g)

Amount per serving
Calories **130**

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 3mg	15%
Potassium 135mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Baked Empanada - Directions

1. Prepare brown rice by preheating oven to 350F. Place rice evenly on a baking sheet and bake until golden brown, about 6-8 minutes.
2. Allow rice to cool. Grind rice in a blender and set aside.
3. Prepare achote water by adding achote powder to water. Mix vigorously and set aside.
4. Add oil to large pot over medium heat. Sauté onions, garlic, chicken, and cauliflower until tender, about 3-5 minutes.
5. Add achote water and bring to a boil. Reduce to a simmer and slowly stir in ground rice. Continue stirring occasionally until rice is cooked and soup has a porridge-like consistency.
6. Add coconut milk, black pepper, and salt. Stir well. Turn off the heat and set aside.
7. Mix corn flour, corn starch, achote powder, and salt in a bowl. Add oil and broth to the mixture. Knead thoroughly until a consistent dough forms.
8. Separate the dough into 20 pieces. Roll each piece into a ball, and then flatten into a 4-inch disk.
9. Fill the center of each disk with about 1½ Tablespoons of the cooked filling.
10. Fold over the top edge of the dough to meet the bottom edge, forming a semi-circle. Press to seal the edges. Repeat with remaining dough and filling.
11. Place the prepared empanadas on a greased baking sheet. In a 350F oven, bake for 20 minutes, or until edges are lightly browned.
12. Serve hot. Refrigerate leftovers.

