PICTSWEET

Beef and Greens Empanadas
The homemade cornmeal crust makes this a real standout dish. Any combination of frozen greens (collards, kale, turnip greens or mixed greens) may be used.

Ingredients
2 1/2 cups Pictsweet frozen Mixed Greens
1 1/3 cups all-purpose flour
1 cup plus 1 tablespoon yellow cornmeal
1 teaspoon salt
1/2 cup plus 1 tablespoon butter
2 large eggs
1 cup Pictsweet frozen Seasoning Blend
1/2 pound ground round
1 medium tomato, chopped (1 cup)
1/4 cup sliced pimento-stuffed green olives
1/4 cup dark seedless raisins
1 tablespoon chili powder
1 tablespoon cider vinegar
2 teaspoons sugar
Oil for brushing or frying

Directions
Cook greens following package directions; drain. Combine flour, 1 cup cornmeal and 1/2 teaspoon salt. Cut 1/2 cup butter into flour mixture with pastry blender. Whisk 1 egg with 1/4 cup cold water; stir into flour mixture; divide into 12 balls and set aside. Preheat oven to 425 degrees. In large skillet, sauté frozen seasoning blend in remaining butter until liquid evaporates, 5 minutes. Add beef and tomato; cook 10 minutes. Stir in greens, olives, raisins, chili powder, vinegar, remaining 1 tablespoon cornmeal, the sugar and remaining 1/2 teaspoon salt. Cook 1

minute; cool. Roll dough into 6 inch rounds; divide filling onto rounds. Beat remaining egg and brush on edge of rounds; fold pastry over filling and press together. Brush lightly with oil and bake 15 minutes or heat one inch oil to 360 degrees and fry empanadas about 5 minutes; drain.

Nutritional Information
Serving Size: Serves 12
Calories: 240
Total Fat: 9g
Cholesterol: 70mg
Sodium: 310mg
Total Carbohydrates: 27g
Dietary Fiber: 2g
Protein: 10g