

# Poblano Pepper Empanadas

Empanadas are Spain's version of hand pies. Flaky pie crust on the outside, delicious spiced filling on the inside. This week we're filling them with seared poblano peppers, corn and tomato salsa, and just enough sweet potatoes to make them really filling. Served up with a three-bean salad, it's a fun dinner you'll fall in love with.

**40** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- Baking Sheet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Egg (one)

### 6 MEEZ CONTAINERS

- Empanada Crust
- Corn & Tomato Salsa
- Mexican Cheese
- Poblanos & Sweet Potatoes
- Three-Bean Salad
- Lime

## Make the Meal Your Own

### **Meez Family Favorite!**

## Good to Know

**Health snapshot per serving** – 1,065 Calories, 30g Protein, 62g Fat, 36 Smart Points.

**Lighten Up snap shot per serving** – 730 Calories, 25g Protein, 38g Fat, 25 Smart Points with half the pie crust. Use half the crusts simply as a wrapper to cook the ingredients (per instructions below) but discard half the crust after cooking.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Empanada Crust, Poblano Peppers, Sweet Potatoes, Black, Kidney and Great Northern Beans, Monterey Jack, Chihuahua, Celery, Onion, Corn, Enchilada sauce, Tomato, Lime, Cilantro, Garlic, Cumin, Coriander, Oregano.

meez *meals*

### 1. Getting Organized

Preheat your oven to 400 and coat a baking sheet with cooking spray or line with parchment paper. Take the **Empanada Crust** out of the fridge to warm up (it will be easier to work with).

### 2. Cook the Empanada Filling

Combine the **Corn & Tomato Salsa** and **Mexican Cheese** in a large mixing bowl.

Heat 1 Tbsp olive oil in a large skillet over high heat. When the pan is hot add the **Poblanos & Sweet Potatoes** and cook until the peppers start to brown, 3 to 4 minutes. Remove the vegetables from the heat & stir into the mixing bowl with the corn & tomato salsa/Mexican cheese mix.

### 3. Make the Empanadas

Place one empanada crust on a flat surface so that it looks like a diamond with points at the top and the bottom. Spoon one-fourth of the empanada filling on the bottom half of the first crust, leaving about ½ inch along the edges. Repeat for each empanada crust until you have used all the filling.

For each crust, fold the top point over the filling to the bottom point, encasing the ingredients (should look like a triangle now). You can very gently stretch the crust to cover all the filling. Use a fork to crimp together the edges of the crust and transfer to your prepared baking sheet.

Beat 1 egg in a small bowl, then brush the top of each closed empanada with the egg and transfer each to a baking sheet. Cook until the crust is golden brown, about 20 minutes. Remove from the oven and let cool for at least 5 minutes.

### 4. Putting It All Together

Place the **Three-Bean Salad** in a bowl and mix in 2 Tbsp olive oil. Squeeze **Lime** on top and add salt and pepper to taste.

Serve the empanadas on a plate alongside the bean salad and enjoy!

*The pepper and sweet potatoes don't need to be completely cooked at this step. They will finish in the oven in step 3.*

*Use all the filling. It will cook down when in the oven.*

*The empanadas will be very hot right out of the oven. Give them a moment to cool down.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**