



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Baked Beef Empanadas

Ingredients

- | | |
|---|-------------------------------|
| 1 cup finely chopped red potato | ¼ tsp black pepper |
| 1 cup beef broth | 1 tbs finely chopped cilantro |
| 1 cup finely chopped onion | 1 tbs cornstarch |
| ¼ tsp salt | 1 tbs water |
| ¼ tsp ground cumin | 36 wonton wrappers |
| ¼ tsp allspice | Cooking spray |
| ½ pound boneless beef top sirloin, diced (remove visible fat first) | |

Directions

1. Preheat oven to 400°.
2. Combine first ten ingredients (through cilantro) in saucepan.
3. Bring to a boil over medium heat, stirring occasionally.
4. Reduce heat and simmer for 8 minutes (or until potato is done).
5. Remove from heat and cool.
6. Place 2 baking sheets in oven.
7. Drain meat mixture in a colander. Discard liquid.
8. Finely chop meat mixture with a knife or in food processor (do not over chop in food processor).
9. Whisk together cornstarch and water.
10. Place 1 tbs beef mixture into center of wonton wrapper. Moisten the edges with cornstarch mixture. Bring opposite corners together to form a triangle. Pinch the edges to seal. Place on a wire rack.
11. Repeat with remaining beef mixture and wrappers, keeping remaining wrappers under a damp towel to keep them from drying out.
12. Remove baking sheet from oven and coat with cooking spray.
13. Arrange empanadas in a single layer on cooking sheets and coat with cooking spray.
14. Bake at 400° for 8 minutes or until golden, turning once.

Nutrition Information Makes 12 servings (3 empanadas)

Per serving:

Calories: 113
Fat: 1.1g
Protein: 7.4g
Carbohydrate: 17.8g
Fiber: 1g
Sodium: 202mg



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