



# Corn and Cheese Empanadas



Adapted from *The Spruce Eats*

## Ingredients



- 1 small onion, chopped
- 1 bell pepper, chopped
- 1 Tbsp. olive oil
- 4 cups corn kernels
- 1 Tbsp. water
- Salt and pepper to taste
- 3/4 cup milk
- 1 cup cheese
- 1/2 tsp cumin



## Directions



Yield: 12 empanada fillings Serving size: 1 Total cost: \$5.77 Serving cost: \$0.48

1. Over medium heat in a skillet, sauté the onion and red pepper with olive oil until soft (5-8 mins).
2. Add the corn and the water and cook, stirring occasionally, for 5 minutes.
3. Add milk and let mixture come to a boil. Turn down heat and stir in cheese and cumin.
4. Let mixture cool for a few minutes before adding into empanadas.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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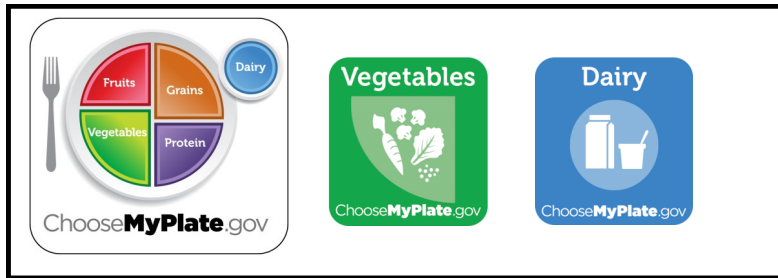
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add in cilantro, jalapeno peppers, or any other herbs or spices that you would like or have on hand.
- Use fresh, frozen, or canned corn.
- Eat any extra filling over rice or salad, or as a side.

## Nutrition Facts

12 servings per container

**Serving size** 1 empanadas

**Amount Per Serving**

**Calories** 100

	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	8%
Vitamin D 0.2mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 188mg	4%

\*The % Daily Value (DV) 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.

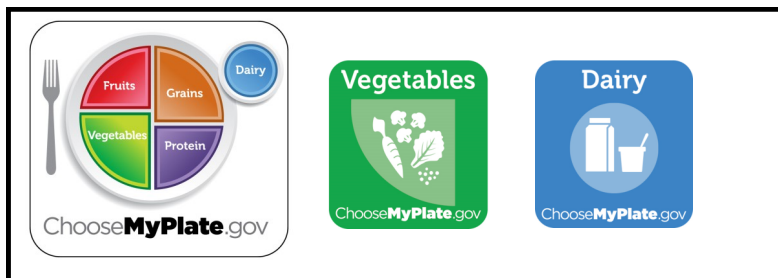
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