



Empanada Dough



Adapted from *Laylita.com*

Ingredients



- 3 cups all-purpose flour
- 1/2 tsp. salt
- 6 oz. unsalted butter
- 1 egg
- 1/4 to 1/2 cup water



Directions



Total cost: \$0.65 **Serving cost:** \$0.05

Yield: 12 medium discs **Serving size:** 1 disc

1. Mix the flour and salt in a food processor (or mix with your hands). Add the butter and pulse/mix.
2. Add the egg and water in small increments and continue pulsing/mixing until a clumpy dough forms.
3. Split the dough into 2 large balls and flatten into disks.
4. Roll the dough into a thin sheet and cut out small, round disks for empanadas (use a small plate or bowl).
5. Use immediately or refrigerate until ready to use (1-2 days at most).

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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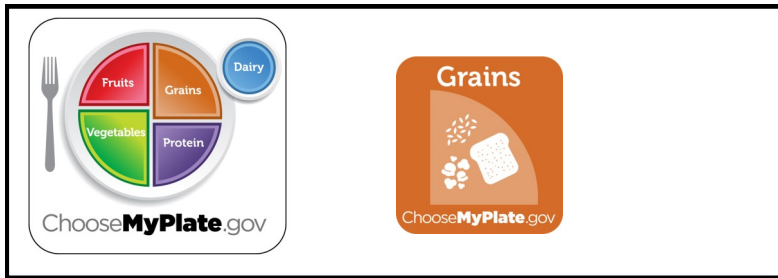
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Fast Facts



Featured Food Groups



Cooking Tips



- Switch out half of the all-purpose flour for whole wheat flour for whole grains.
- Freeze any leftover dough.

Nutrition Facts

12 servings per container	
Serving size	1 disk
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 7g	35%
<i>Trans Fat</i> 0g	
Cholesterol 45mg	15%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.27mg	2%
Potassium 0mg	0%

*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.

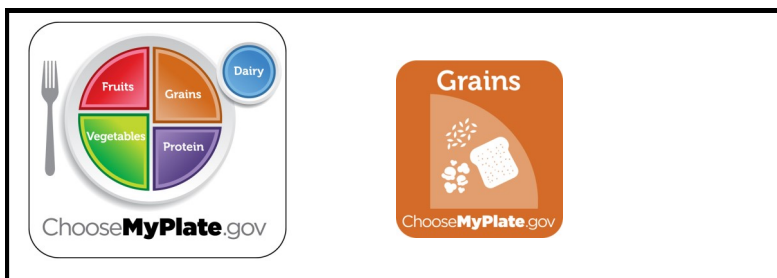
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