

INGREDIENTS:

- 1 tbsp of olive or canola oil
- 1 (8 oz) boneless, skinless chicken breast
- 4 cups of low-sodium chicken broth
- 1 onion, diced
- 1 tbsp of paprika
- 1 tsp of cumin
- 1 tsp of chili powder
- Cooking spray
- 1 (16 oz) package whole wheat pizza dough (thawed if frozen)
- 1 egg



Empanadas de pollo horneadas (baked chicken empanadas)

Directions:

1. Heat oil in a sauté pan over medium heat. Add the chicken breast and broth. Cook the chicken on both sides until done. Add the onion, paprika, cumin, and chili powder. Reduce heat to low and cook for 10 to 15 minutes, until onions are soft and clear.
2. Remove the chicken breasts from the pan and shred them into small pieces. Stir the shredded chicken back into the pan—this mixture will be your empanada filling.
3. Preheat the oven to 400° F. Coat a large baking sheet with cooking spray.
4. Divide the pizza dough into 16 golf-ball-sized pieces. Roll each piece into a smooth ball.
5. Using a rolling pin, flatten each ball of dough into a circle about 6 inches wide. Lay flat.

6. Place 2 tablespoons of the chicken filling onto the center of each circle of dough. Lightly brush the outer edges of the dough with water. Fold the circle in half to form a semicircle with the filling inside. Press the edges of the dough together firmly and crimp with a fork to seal. Place the empanadas on the greased baking sheet.
7. Use a fork to lightly beat the egg together with 1 tablespoon of water. Brush a thin layer of this mixture over the top of each empanada.
8. Bake the empanadas for 20 minutes, until lightly browned.