



Beef and Bean Empanadas with Cilantro-Lime Dip



Cilantro-Lime Dip:

- 1 cup plain fat free yogurt
- 2 tablespoons minced cilantro
- 2 teaspoons fresh lime juice
- 1 teaspoon granulated sugar
- 1/8 teaspoon salt

Beef and Bean Empanadas:

- 1 cup drained, canned sodium-reduced kidney beans
- 1/2 pound 85% to 95% lean ground beef
- 1 tablespoon chili powder
- 1 clove garlic, minced or pressed
- 3/4 cup (3 ounces) shredded Cheddar, Queso Asadero, or Jack Cheese
- 1/4 cup thinly sliced green onion
- Cornmeal
- 1 package (13.8-ounce) refrigerated dough for pizza crust
- 1 egg white
- 1 tablespoon water

1. For dip, in small bowl, stir together yogurt, cilantro, lime juice, sugar, and salt. Cover and refrigerate until serving time.
2. For empanadas, preheat oven to 400°. Rinse drained beans under running water to remove excess sodium. Drain in colander and pat dry on paper towels.
3. Heat medium skillet over medium heat. Add beef, chili powder, and garlic. Cook and stir to crumble beef, until beef is no longer pink. Drain beef on paper towels to remove excess fat. In medium bowl, stir together beef, beans, cheese, and green onion.
4. Lightly sprinkle large cutting board with cornmeal. Remove dough from package and cut unrolled dough into 4 equal pieces. On a cutting board, shape into balls, then roll each ball into 8-inch circles. Spread 1/4 of filling on one half of each circle, leaving a 3/4-inch border. Fold dough over filling. Brush edges with water, then seal seams with tines of fork.
5. Coat large baking sheet with nonstick spray. Place empanadas on sheet. With sharp knife, make 5 (1-inch) diagonal slits across top of each empanada. In small bowl, lightly beat egg white and water. Brush on empanadas. Bake 15 to 20 minutes or until golden brown. Cool 5 minutes. Serve with Cilantro-Lime Dip.

Prep time: 30 minutes • Cook time: 20 minutes • Makes: 4 servings

Popular throughout Latin America and Spain, empanadas are pastry-wrapped pies or turnovers made with fillings from savory to sweet. Popular in a range of sizes, these are large, meal-sized empanadas, served with a zesty calcium-rich Cilantro-Lime Dip. Or, mix equal amounts of your favorite salsa with plain fat free yogurt and a splash of fresh lime juice.

Tester's Comment:

"These were easy and tasted great – I've never had anything with a yogurt-based dip."

Nutrients per serving:

Calories	558
Protein	32 g
Total Fat	18 g
(Saturated Fat	7 g)
Carbohydrate	66 g
Calcium	259 mg
Cholesterol	59 mg
Fiber	6 g
Sodium	954 mg