



## INGREDIENTS

- (2) 7 Ounces Each Refrigerated Pie Crusts (enriched or whole grain-rich)
- 2 Tablespoons Unsalted Butter
- ¾ Cup Onion (diced)
- 5 Cups Fresh Spinach
- 1 Large Egg
- ½ Cup Ricotta Cheese
- ¼ Cup Shredded Parmesan Cheese
- 1 Teaspoon Kosher Salt
- ¼ Teaspoon Black Pepper
- Pinch of Nutmeg
- 1 Egg Yolk (beaten; optional for brushing on pie crust)

## DIRECTIONS

1. Unroll pie crust from package. Using a 4-inch biscuit cutter, cut 11 circles from the dough, re-rolling and cutting as needed. Set aside.
2. In a large skillet, saute butter, onion, and fresh spinach over medium high heat. Stir and cook for several minutes, until spinach cooks down. Set aside.
3. In a large bowl, combine egg, ricotta cheese, parmesan, salt, pepper, and nutmeg. Stir in spinach mixture until combined.
4. Using a large tablespoon scoop, fill each pie crust circle with a heaping scoop; dividing the filling evenly among all the circles. Fold in half and pinch edges. Seal by pressing the tines of a fork along the edge. Repeat with all circles.
5. Place empanadas on a parchment paper lined baking sheet. Brush tops with beat egg yolk for a rich color (optional).
6. Bake for 18-22 minutes in a 425° oven.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

11 Empanadas

## PORTION SIZES

**Toddler:** ½ Empanada

**Preschool:** 1 Empanada

**School Age:** 1 Empanada

**Adult:** 2 Empanadas