

PEPPER AND ONION EMPANADAS



Recipe developed by Chef Paige Vondran

INGREDIENTS

	Ingredients	Exchanges
Protein	6.5g Bob's Red Mill® soy flour -----	2.1 (+1.05g fat) -----
	9g fresh whole egg	0.6 (-0.6g fat)
Fat	25.5g mayonnaise -----	5 (+0.45g) -----
	5g butter, melted	1
Carbohydrate	14.6g green pepper -----	0.8 -----
	4.8g onion	0.5
Other	pinch of salt, pepper, onion powder	

DIRECTIONS

- In a small bowl, mix the egg, mayonnaise, melted butter, and soy flour.
- Stir in the salt, pepper, and onion powder.
- Spray a sauté pan with nonstick cooking spray.
- Scoop the batter into the pan.
- Wet your fingers, then press down to create a flat pancake shape.
- Place the peppers and onions in the center of the batter.
- Cook over a low heat for 4 minutes.
- Once the edges are set, fold one side over the other creating an empanada shape.
- Cover with a lid and cook on low for 5-7 minutes.
- Flip the empanada and cook for an additional 2 minutes.
- Serve warm.

VARIATIONS

- Other vegetables may be used in place of the peppers and onions.