

Baked Chicken Empanadas

16 servings

https://www.diabetesfoodhub.org/recipes/baked-chicken-empanadas.html?tag_id=25

Ingredients

8 oz chicken breasts (boneless, skinless)
4 cups low sodium chicken broth (fat-free, low-sodium)
1 tbsp vegetable oil
1 medium yellow onion (finely diced)
1 tbsp paprika
1 tsp cumin
1 tsp chile powder
Non-stick cooking spray
1lb pre-made whole wheat pizza dough (thawed if frozen)
Green Spanish olives (such as Manzanilla, pitted)
1 egg
1 tbsp Water

Directions

Add the chicken & broth to large sauce pan, high heat. Bring to boil, then reduce heat & simmer for 15-20 minutes, until the chicken is cooked. Remove the pan from the heat and let the chicken cool to the touch in the broth. Shred chicken into small pieces and mix in 2 Tbsp. of the chicken broth from the pan; set aside. Add oil to a sauté pan over medium heat. Add onion, paprika, cumin, chili powder, and 1/2 cup of the chicken broth. Reduce the heat to low and cook for 10-15 minutes, until onions are soft and clear, and the liquid is evaporated. Stir in the chicken to yield 2 cups of filling. Preheat the oven to 400. Coat a large baking sheet with cooking spray. Separate the whole wheat pizza dough into 16 golf-ball size pieces and roll each one into a smooth ball. Using a rolling pin, roll each ball of dough into a 6-inch-diameter circle. Spoon 2 Tbsp. of the filling into the middle of the circle and press 1 olive into the middle of the filling. Lightly brush with water the bottom edge of the dough along one half of the circle. Fold the top half of the dough over the filling to form a semi-circle, and press edges firmly together. Crimp the edges with a fork to seal in the filling. Place the empanadas on a baking sheet. Lightly beat the egg with the 1 Tbsp. water and brush a thin layer of the mixture over the top surface of each empanada. Bake the empanadas for 20 minutes, until lightly browned.