Veggie Empanadas

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

These veggie empanadas are perfect to eat on the go. Lentils and plenty of spices take center stage to leave you wanting more!

About the Recipe

167 Calories · 7 g Protein · 3.8 g Fiber
Lunch

Chef's Note: Serve with an oil-free sofrito or chimichurri.

Ingredients

Makes 16 Servings

- 3 1/3 c (417 g) all-purpose flour
- 1 tsp (5 mL) iodized salt
- 3 oz (85 g) silken tofu
- 1 1/3 c (256 g) brown lentils, washed and sorted
- 2 yellow onions, diced
- 1 bay leaf
- 2 cloves garlic, minced
- 2 tsp (10 mL) smoked paprika
- 1 tsp (5 mL) sweet paprika
- 1 tsp (5 mL) ground cumin
- 1/4 c (34 g) olives, sliced
- 3 green onions, sliced
- 1/16 c (10 g) raisins, roughly chopped
- 3/4 c (180 mL) low-sodium vegetable broth
- 1/4 c (60 mL) aquafaba (liquid from can of chickpeas)

Directions

1. Make the dough: Combine the all-purpose flour, salt, and tofu in a large bowl. Use a pastry cutter or your hands to cut the tofu into the flour mixture. Add 1 c (240 mL) of warm water gradually and mix with a wooden spoon.
2. Form dough into a ball and knead for 10 minutes on a lightly floured surface until the dough is elastic and smooth. Place in a bowl and let rest for 1 hour.
3. Make the filling: Prep ingredients by washing and sorting the dried lentils, chopping the onions and dividing them into two bowls (one with 3/4 c or 120 g and one with 1/2 c or 80 g),
4. To make the lentils, place the lentils in a small saucepot and cover with water. Add the 1/2 c (80 g) of onion and bay leaf and bring to simmer. Cook for 15 minutes or until lentils are slightly tender. Remove lentils from heat and strain. Let cool. Place lentils in food processor or mash with a fork until they resemble crumbled meat.
5. Heat a large saute pan on medium-low and add 1/4 c (60 mL) of water. Add the remaining 3/4 c (120 g) of chopped onion and cook for 6-7 minutes or until onion is tender and translucent. Add garlic and cook for 2 more minutes.
6. Add lentil mixture, hot paprika, sweet paprika, and cumin. Mix to combine. Add broth and bring to a simmer. Add olives, raisins, and green onions. Continue simmering until almost all the liquid has evaporated. Season to taste.
7. Assemble and cook the empanadas: Preheat oven to 350 F (177 C).   Transfer dough to a floured surface and roll out to 1/4 inch (0.6 cm) thick. Using a large cookie cutter or bowl, cut the dough into circles. Gather excess dough, form into a ball, and repeat this process until you have 16 circles.
8. Place 1 1/2 tbsp (22.5 mL) of the filling in the middle of the dough round. Fold the dough over to enclose the filling and crimp the edges with a fork to seal or seal them decoratively as the Argentinians do. Brush with aquafaba.
9. Place on a sheet tray lined with parchment paper and bake for 35 to 40 minutes or until the bottoms are golden brown. Turn oven off and turn the broiler to low. This will brown the top of the empanadas. Leave the empanadas under the broiler for 5 minutes.
10. Note: Aquafaba is the also known as chickpea brine. You can make it yourself from dried chickpeas or just use the liquid found in a can of chickpeas.

Nutrition Facts

Per serving:

Calories: 167

Fat: 1.1 g

- Saturated Fat: 0.1 g
- Calories From Fat: 5%

Cholesterol: 0 mg

Protein: 7 g

Carbohydrate: 31 g

Sugar: 1.9 g

Fiber: 3.8 g

Sodium: 216 mg

Calcium: 23 mg

Iron: 3 mg

Vitamin C: 1.5 mg

Beta-Carotene: 176 mcg

Vitamin E: 0.2 mg