

Tofu Empanada

Created by Gisela Bouvier, RDN

NUTRITION FACTS

Serving Size:

Serves 18 empanadas

Per Serving: 1 empanada

Calories: 171 Carbohydrates: 22g

Fat: 6.5g Protein: 7g

Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 60 minutes

INGREDIENTS

- 1 block (14oz) firm tofu, pressed (if desired) and crumbled
- 2 tbsp soybean (vegetable) oil
- ½ cup jarred sofrito
- 3 cups fresh spinach
- ½ tsp smoked paprika
- 2 tsp fresh cilantro
- 1 tsp minced garlic
- ½ cup tomato puree
- ½ tsp salt and 1 tsp pepper
- 2 10-pack 5" empanada dough discs
- 1 egg (for egg wash)

DIRECTIONS

Step 1: Prepare the "Picadillo" Filling

1. If desired, press tofu for a minimum of 12 hours overnight or use a tofu press to remove excess water.
2. Heat soybean (vegetable) oil in a skillet over medium heat.
3. Add the crumbled tofu to the pan and cook for 5-7 minutes, stirring occasionally, until lightly browned.
4. Stir in jarred sofrito and garlic and cook for 2-3 minutes until fragrant.
5. Add the tomato puree, smoked paprika, cilantro, salt, and pepper. Mix well and let it simmer for 5 minutes.
6. Add in fresh spinach and stir until spinach is fully cooked.

Step 2: Assemble the Empanadas

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Lay out the empanada dough discs on a clean surface.
3. Place approximately 2 tablespoons of the tofu picadillo filling in the center of each dough disc – being careful not to overfill. Total tofu picadillo amount made fills ~18-20 empanada discs depending on how much is scooped in each disc.
4. Using your finger, dampen the edge of each empanada dough disc. While still damp, fold the dough over the filling to create a half-moon shape and press the edges together with a fork to seal.
5. Brush the tops of the empanadas with a beaten egg.
6. Bake in the oven for 30 minutes or until lightly golden brown.
7. Let cool and sit for 15 minutes and enjoy! Serve with a side salad, guacamole or salsa.