CHICKEN, BROCCOLI AND CHEESE EMPANADAS

Cheesy Chicken and Broccoli all wrapped up in Rich's Whole Grain Sheeted Pizza dough make a great kid-friendly lunch or supper item.

Yield: 1 Empanada



INGREDIENTS

1.5 oz	Cooked Chicken, Diced
.5 oz	Cheddar cheese, shredded
2 tbsp.	Ranch dressing
.25 C	Cooked Broccoli, Chopped
1 Each	RICH'S 5" Whole Grain Rich Proof & Bake Sheeted Pizza Dough, 150 Ct (#00577)

DIRECTIONS

1. Prior to Use: Store product frozen at 0° F to –10° F until ready to pan.
2. Remove frozen dough pieces from the case and place on parchment lined sheet pans sprayed with oil about 2 -3 inches apart. Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil.
3. Place the covered pan of dough on a rack and place in the cooler overnight to thaw. The next morning, place the covered pans of dough at room temperature for 25-30 min. to warm and just begin to rise.
4. The dough should be almost double in thickness.
5. Combine 1 ½ oz. shredded or diced cooked chicken , ½ oz. shredded cheddar cheese, 2 Tbsp. Ranch dressing and ¼ c. cooked chopped broccoli and place in the center of the proofed dough round.
6. Spray or brush the edges the dough round with water then fold the dough over the filling and crimp the edges with a fork. Brush the top of the empanada with milk and sprinkle with herb seasonings.
7. Vent the top of the empanada with 2 or 3 small slits in the dough. Bake for 12-15 min at 325°F in a convection oven until the center of the filling reaches 165°F.
8. Hold at 145°F. Serve warm

CHEF NOTES

This recipe provides 2.25 oz grain eq. and 2.25 MMA per 1 calzone in accordance with USDA guidelines for child nutrition.

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