



ZESTY MEDITERRANEAN EMPLANTADA

Indulge in this Zesty Mediterranean EmPLANTada filled with a tantalizing blend of hearty plant-based protein, vibrant tomato sauce, creamy mozzarella cheese, earthy spinach, and aromatic herbs and spices, all encapsulated in a golden, flaky pastry shell. With each bite, you'll savor the deliciousness while feeling good about choosing a sustainable vegetarian twist on a classic favorite.

Yield: 1 EmPLANTada



INGREDIENTS

RICH'S 6" Fresh 'n Ready Whole Grain Rich
Individual Oven Rising Sheeted Pizza Dough, 120
3.25-Oz (#21973)

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| 1 | J.T.M. Plantborn Pasta Sauce Crumble, drained |
| 1 tbsp. | Garlic powder |
| 1 tsp. | Oregano |
| 12 oz | Frozen Spinach, thawed |
| 2 C | Mozzarella cheese, shredded |

DIRECTIONS

- 1 One day prior, place bags of pasta sauce crumbles on sheet pans and allow to thaw in the refrigerator overnight. Place frozen spinach in a perforated full pan on top of a non-perforated pan and allow to thaw and drain in the refrigerator overnight.
- 2 Two hours prior to preparing, remove sheeted dough from freezer. Equally space dough sheets in a single layer on a lined full sheet pan. Cover dough with a piece of parchment paper and allow dough to thaw at room temperature. Each sheet pan will fit 8 dough sheets.
- 3 In a large mixing bowl, combine pasta sauce crumbles, garlic powder, oregano, onion powder, spinach, and mozzarella cheese (optional). With a rubber spatula, toss ingredients together until well incorporated.

- 4 Gently stretch each dough sheet by pulling the edges away from the center. This step can be done by picking up and holding the dough sheet, then gently pull it while rotating to ensure it remains in a circular form.
- 5 Using a #6 scoop ($\frac{3}{4}$ cups), place one scoop of filling in the center of each dough sheet. Gently fold the dough over the filling and press together to enclose. Using a fork, gently press the edges of the closed dough to create a textured appearance and ensure the dough does not open while baking.
- 6 Preheat the oven to 400°F. Place full sheet pans of empanadas in the oven for approximately 20 minutes, or until the internal temperature reaches 165°F and the dough is golden brown. Be careful not to over cook by rotating your pans halfway through.
- 7 Serve one empanada. Can be accompanied with marinara sauce.

CHEF NOTES

This recipe provides 2.5 oz grain eq. and 1.75 MMA per 1 handheld in accordance with USDA guidelines for child nutrition.