



Cuban Chicken Empanadas

with Lime Crema and Avocado

Empanar means "to bake in pastry" in Spanish. These hand pies are traditionally filled with meat and vegetables and deep-fried. Tonight's repeat favorite empanadas are stuffed with juicy roasted chicken and smoky-sweet spices, then baked to maximum crispiness.

45-55 minutes

2 servings

800 calories per serving

Plated.

✦ Ingredients

- 1 red onion
- 1 plum tomato
- ¼ ounce cilantro
- 2 cloves garlic, divided
- 1 lime, divided
- 2 boneless skinless chicken breasts
- 1 spice mix
 - ½ teaspoon ground cumin
 - ½ teaspoon sweet paprika
 - ½ teaspoon dried thyme
- 1 avocado
- 3 ounces shredded Monterey Jack cheese
- 6 empanada doughs
- ⅓ cup reduced fat sour cream
- 3 ounces baby arugula

🔪 You'll Need

- 2 tablespoons olive oil
- kosher salt
- black pepper
- aluminum foil
- baking sheet
- blender or food processor (optional)

💡 Recipe Tips

Be sure to read through the entire recipe before you begin cooking.

Empanada dough becomes more pliable as it warms. Once tempered, you can gently stretch it over the filling to seal. If you end up with any extra filling, serve it with the empanadas at the end!

The chicken might have a slight odor as a natural reaction to its vacuum packing. USDA recommends cooking chicken to 165°F.

Great food starts with great ingredients. We're proud to send you chicken responsibly raised without antibiotics.



1. Prepare Ingredients

Preheat oven to 450°F. Rinse all produce. Halve **lime**. Quarter **tomato**. Roughly chop **cilantro** leaves, discarding stems. Mince **garlic**. Peel **onion**, halve, and thinly slice half—save remaining onion for another recipe. Line a baking sheet with foil.



4. Assemble Empanadas

Once roasted, roughly chop **chicken** and **vegetables** and place in a medium bowl. Add **Monterey Jack** to bowl and stir to combine. Discard foil from baking sheet and line with a new piece of foil. Add **empanada doughs** in a single layer. Working 1 at a time, spoon about **¼ cup filling** onto half of each dough. Carefully fold dough over filling (see Recipe Tip). Using the tines of a fork, seal edges tightly.



2. Roast Chicken and Vegetables

Pat **chicken** dry with paper towel, then season all over with **spice mix**, **½ teaspoon salt** and **pepper** as desired. Place on half of a foil-lined baking sheet and drizzle over **½ tablespoon olive oil**. On other half of baking sheet, toss **onion** and **tomato** with **half of garlic**, **½ tablespoon olive oil**, and **⅓ teaspoon salt**. Arrange in a single layer. Roast until chicken is cooked through and no longer pink and vegetables are tender, 13-15 minutes.



5. Bake Empanadas and Make Crema

Cut a small slit on top of **empanadas** so steam can escape. Bake until puffed and light golden, about 15 minutes. Meanwhile, in a blender, food processor, or using a small bowl and whisk, combine **sour cream**, **cilantro**, **remaining garlic**, and **juice of remaining lime** until smooth. Season with **⅓ teaspoon salt** and **pepper** as desired.



3. Make Dressing and Dice Avocado

While chicken and vegetables roast, in a large bowl, whisk together **juice of ½ lime** and **1 tablespoon olive oil**. Season with **⅓ teaspoon salt** and **pepper** as desired. Halve **avocado** and discard pit. Using a spoon, carefully scoop out flesh, discarding skin. Dice **avocado** and add to bowl with dressing. Set aside.



6. Plate Empanadas

Add **arugula** to bowl with dressing and avocado and toss to coat. Plate **empanadas** and serve with **salad** and **lime crema** for dipping. Enjoy!

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