



## 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	<b>RICH'S</b> 5" Whole Grain Rich Proof & Bake Sheeted Pizza Dough, 150 2.5-Oz (#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.



**CHEF NOTES**

EACH EMPANADA PROVIDES 2 OZ. EQ. BREAD, 2 OZ. EQ. M/MA, & 1/4 C. VEGETABLE SERVING FOR USDA CHILD NUTRITION FOOD BASED MENUS

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