



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 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

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