



Burger Blast Empanadas



1/2 of recipe (1 empanada): 278 calories, 6.5g total fat (2.5g sat. fat), 781mg sodium, 31g carbs, 1g fiber, 6.5g sugars, 20.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



Ingredients

Empanadas

1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
3 oz. raw extra-lean ground beef (at least 95% lean)
1/4 cup finely chopped onion
1/8 tsp. garlic powder
1/8 tsp. onion powder
1 dash black pepper
3 tbsp. shredded reduced-fat cheddar cheese
3 dill pickle chips, chopped
1 tsp. yellow mustard
1/2 tsp. sesame seeds

Sauce

2 tbsp. light Thousand Island dressing
1 1/2 tsp. finely minced onion
1/8 tsp. granulated white sugar (or a dash of no-calorie sweetener)
1/8 tsp. white wine vinegar

Directions

In a large bowl, mix flour with yogurt until dough forms. Refrigerate until ready to assemble empanadas.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook and crumble until beef is fully cooked and onion has softened, 3–4 minutes.

Remove skillet from heat. Add cheese, pickles, and mustard. Stir thoroughly. Allow mixture to cool slightly.

Combine sauce ingredients in a small bowl. Mix well.

Shape dough into two circles, each about 6 inches in diameter and 1/4 inch thick. Top half of each piece with sauce and beef mixture.

Fold the other half of each piece over the filling so the top edge meets the bottom. Firmly press edges with a fork to seal.

Spray an air fryer with non-aerosol nonstick spray (or use a liner made of parchment paper). Place empanadas in the air fryer. Top with sesame seeds and lightly press to adhere. Spray with nonstick spray.

Set air fryer to 360°F. Cook until tops are light golden brown, about 10 minutes. Gently flip empanadas, and cook until dough is fully cooked, 3–4 minutes.

MAKES 2 SERVINGS

HG FYI: Chilling the dough in the fridge for 10–15 minutes makes it easier to work with.

Oven Alternative: Bake at 385°F until tops are light golden brown and dough is fully cooked,

about 18 minutes, flipping halfway through.

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