



## Mexican Street Corn Empanadas



1/2 of recipe (1 empanada): 223 calories, 5.5g total fat (2g sat. fat), 599mg sodium, 31.5g carbs, 0.5g fiber, 4g sugars, 11g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes

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### Ingredients

1/2 cup self-rising flour  
1/2 cup fat-free plain Greek yogurt  
1/3 cup frozen sweet corn kernels  
1 tbsp. finely chopped red onion  
1 1/2 tbsp. light mayonnaise  
1/4 tsp. chili powder  
1/4 tsp. ground cumin  
1/4 tsp. lime juice  
3 tbsp. crumbled reduced-fat feta cheese  
1 tbsp. chopped fresh cilantro

### Directions

In a large bowl, mix flour with yogurt until dough forms.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add corn and onion. Cook and stir until corn has blackened and onion has softened, about 4 minutes.

In a small bowl, mix mayo, chili powder, cumin, and lime juice until uniform. Add feta, cilantro, and corn mixture. Stir well.

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

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

Spray an air fryer with nonstick spray. Place empanadas in the air fryer, and spray with nonstick spray.

Set air fryer to 360°F. Cook until tops are light golden brown and dough is cooked through, about 10 minutes.

**MAKES 2 SERVINGS**

**HG Tip:** Let your dough chill in the fridge for 10-15 minutes before making your empanadas... It's easier to work with this way.

**Oven Alternative:** Bake at 385°F for 13–15 minutes, until light golden brown.

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