



FLAVOR BOOST

Sazón, a spice blend found in many Latin American cuisines, is Spanish for “seasoning.”



WARNING!
Ask an adult's permission before using the stovetop or oven.

Bake up pinto bean empanadas

Ingredients

- 1 tablespoon canola oil
- 15-ounce can pinto beans, drained and rinsed
- 1 small jalapeño pepper, seeded and minced
- 2 tablespoons tomato paste
- 1½ teaspoons sazón (such as Badia brand)
- ¼ teaspoon cayenne pepper
- 10 frozen 6-inch empanada discs, thawed
- 1½ cups shredded sharp cheddar cheese
- 1 large egg, beaten
- Store-bought salsa

Instructions

1. Heat oven to 400° F. Line a sheet pan with parchment paper.
2. In a medium skillet, heat the oil over medium heat. Add the beans, ½ cup water, and the jalapeño. Cook for 2 to 3 minutes while gently mashing the beans with a fork. (If they look dry, moisten with 1 tablespoon of water at a time.)
3. Add the tomato paste, sazón, and cayenne. Mix well until the beans resemble refried beans. Remove from the heat.
4. Place the empanada rounds on the prepared sheet pan. Spoon about 1½ tablespoons of the bean filling on one side of the dough round and top with 1 to 2 tablespoons cheddar. Fold the dough over, creating a half-moon shape, and press lightly.

5. Seal each empanada's seam together by pressing the edges with a fork. Repeat until you've worked through all the empanadas. Lightly brush each empanada with the beaten egg and use a sharp knife to poke a few holes in the top of each one. This will allow steam to escape while baking.
6. Bake until the empanadas are golden brown, 20 to 25 minutes. Cool briefly. Eat warm or at room temperature, served with salsa. Makes 10 empanadas.



Tip You can save extra empanadas to enjoy later. Freeze them in a freezer bag, then reheat them individually wrapped in foil at 350° F for 20 minutes.



ECO TIP OF THE WEEK

SHARE THE BENEFITS OF EATING LESS MEAT

There are many different reasons people might decide to eat less meat or none at all. Some people make the choice for ethical reasons, meaning they don't want to eat animals because they're living creatures. Another reason is because eating plants can be better for the environment. Farming vegetables and grains requires less water, land, and other natural resources than what's needed to produce meat, which means it's more eco-friendly to eat those non-meat foods. Explain to your family your reasons for eating less meat, then ask if you can be involved in shopping for and preparing meals with that goal in mind.



Prep meals together.