



# "HOT POCKETS"

Empanadas w/ Green Plantain Dough

## INGREDIENTS

- **Boiled or steamed plantain, peeled and chopped into medium sized pieces**
- **Cooked and cubed sweet potato**
- **Cooked and peeled pumpkin**
- **Diced onion**
- **Minced garlic**
- **Spices of choice (i.e. garlic powder, turmeric, cumin, coriander, paprika)**
- **Salt**
- **Olive or coconut oil**
- **Optional: cheese, pesto, or your favorite sauce**

### TIPS:

*Fill your empanadas with anything you'd like, as long as the mixture can hold together well.*

*Make a large batch to be frozen and re-heated in the oven later.*

## DIRECTIONS

1. Sauté the onions and garlic in oil until fragrant, add the cooked sweet potato and pumpkin, salt, and spices of choice, then simmer until well combined. Set aside as the filling.
2. Process the cooked plantain in a food processor, meat grinder, ricer, or fine grater, then form into a dough while mixing salt and any spices.
3. Shape the dough into balls, then place them inside parchment paper. Use a tortilla press or something flat and heavy (like a pot) to press them into a thin tortilla shape.
4. Fill each tortilla with a small scoop of the filling and if you'd like, cheese, pesto, or your favorite sauce, being careful to not over-fill.
5. Pinch together all sides into the center, then flatten to form a patty shape OR fold it in half to make a classic empanada shape. Seal the edges well to ensure the filling does not leak.
6. Heat up cooking oil and lightly fry each side for 2-3 minutes until golden brown and toasted.
7. Serve with hot sauce or your favorite dip!