

# Chef Rob's Farmer Market Bell & Evans Chicken Empanada

Makes 6

Nutrition Facts	
Serving Size 1 each	
Amount Per Serving	
Calories 165	Calories from Fat 101
% Daily Value*	
Total Fat 11.2g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 54.6mg	18%
Sodium 203.8mg	8%
Total Carbohydrate 0.8g	0%
Dietary Fiber 0g	0%
Sugars 0.1g	
Protein 14.7g	
* Percent Daily Values are based on a 2000 calorie diet.	

**INGREDIENTS:** Boneless Chicken Thighs, Empanada Dough Gambino (Flour, Shortening, Water, Eggs, Baking Powder, Sugar, Kosher Salt), Cheddar Cheese, Trans Fat Free Veg Oil, Limes, Scallions, Kosher Salt, Market Pico de Gallo (Olive Oil, Kosher Salt, Tabasco Sauce, Jalapeno Peppers)  
**ALLERGENS:** Milk, Eggs, Wheat

## Ingredients

Name	Amount	Unit	Process
Oil Vegetable Pure TFF	2	T	
Peppers Red Bell	½	EA	Chopped Fine
Peppers Green Local	½	EA	Chopped Fine
Onions Yellow Local	1	SMALL	Minced
Fresh Local Garlic	2	CLOVE	Minced
Market Pico de Gallo (see sub recipe)	¼	CUP	
Bell & Evans Chicken Thighs	1	LB	Chop Coarse
Cheddar Cheese Shredded	¼	LB	
Cilantro Local	1	SPRIG	
Limes	1	EACH	Drained
Sea salt	1	PINCH	
Empanada Dough (see sub recipe)	½	LB	
Scallions	2	EA	Chopped Fine

## Method of Preparation

Recipe provided by Chef Rob Harbison

Season chicken with Salt a pepper, grill or sauté until done. 165 degrees. Set in Refrigerator to cool.

1. Sauté red and green peppers, onions and until tender add garlic. Remove pan from heat. cool mixture in refrigerator.
  2. Once cool in bowl mix cooked peppers, pico d gallo, Diced chicken, cheese, cilantro, scallions, lime juice and salt. Mix well.
  4. Cut 3 inch circles out of dough place 3 oz chicken mixture in center of each crust. Brush edges of dough with water fold in half and seal edges with fork.
- Bake in 375 degree oven for 10 min or until crust is brown

# Chef Rob's Empanada Dough

Makes : 2 lbs

Nutrition Facts	
Serving Size 16 oz	
Amount Per Serving	
Calories 802	Calories from Fat 830
% Daily Value*	
<b>Total Fat 103.3g</b>	<b>213%</b>
<b>Saturated Fat 21.1g</b>	<b>156%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 107.8mg</b>	<b>39%</b>
<b>Sodium 848.1mg</b>	<b>60%</b>
<b>Total Carbohydrate 326.6g</b>	<b>88%</b>
<b>Dietary Fiber 14g</b>	<b>56%</b>
<b>Sugars 1g</b>	
<b>Protein 42.9g</b>	
* Percent Daily Values are based on a 2000 calorie diet.	

**INGREDIENTS:** Flour, Shortening, Water, Eggs, Baking Powder, Sugar, Kosher Salt  
**ALLERGENS:** Eggs, Wheat

## Ingredients

Name	Amount	Unit
Flour All Purpose	1.5	LB
Shortening All Purpose	1/2	LB
Water cold	1/2	CUP
Sugar	2	T
Sea Salt	2	t
Eggs	1	EACH
Baking Powder	1	T

## Method of Preparation

1. Place dry ingredients in mixing bowl
2. Mix for 2 minutes
3. Add vegetable shortening, continue mixing for about 10 minutes
4. Add eggs - mix for 2 more minutes
5. Slowly add water - mix
6. Scale into 2 lb balls

# Chef Rob's Market Pico de Gallo

Makes : 32 oz

Nutrition Facts	
Serving Size 2 oz	
Amount Per Serving	
Calories 5	Calories from Fat 5
% Daily Value*	
Total Fat 0.6g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70.9mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
* Percent Daily Values are based on a 2000 calorie diet.	

**INGREDIENTS:** tomatoes, onions, cilantro, peppers  
Olive Oil, Kosher Salt, Tabasco Sauce, Jalapeno  
Peppers

## Ingredients

Name	Amount	Unit	Process
Fresh Local Plum Tomatoes	6	EA	Diced 1/2"
Local Red Onions	1	MED	Diced 1/4"
Local Herb Cilantro	2	SPRIG	
Jalapenos	1	EA	Minced
Local Green Peppers	1	EA	DICED ¼ "
Oil Olive 100% Pure	¼	CUP	
Sea Salt	1	PINCH	
Limes (juice)	2	Ea	
Tabasco	3	DASH	

## Method of Preparation

Combine all ingredients  
Check for seasoning