

# Breakfast Pear Empanada

8 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

2 (15-ounce) cans Pacific Northwest Canned Pears, halves or slices, in juice, drained  
8 (2 to 3-ounce) rounds refrigerated biscuit dough  
2 tablespoons cornstarch  
1 tablespoon granulated sugar  
1/4 teaspoon ground cinnamon

## Method

Preheat oven to 350°. Dice the drained pears and set aside. Place the biscuit rounds on sheet pan lined with parchment paper to come to room temperature.

In a bowl, combine the pears, cornstarch, sugar and cinnamon, mixing well to evenly coat the pears. Set aside.

On a floured work surface, dust each biscuit with flour to lightly coat each side. Using a rolling pin, roll each biscuit out to a 6" circle and return it to the baking sheet lined with parchment paper.

Spoon 1/4 cup filling onto the bottom half of each circle. Use a pastry brush to lightly brush warm water on outside edges of the biscuit dough before folding over the top to create a turnover. Use a fork to press and seal the edges completely.

Bake 15 to 17 minutes, or until the dough is golden brown. Remove the pan from oven and allow the empanadas to cool slightly before serving.

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## Nutrition

|                      |       |
|----------------------|-------|
| <i>Calories</i>      | 200   |
| <i>Fat</i>           | 2g    |
| <i>Cholesterol</i>   | 0mg   |
| <i>Sodium</i>        | 573mg |
| <i>Carbohydrate</i>  | 42g   |
| <i>Dietary Fiber</i> | 2g    |
| <i>Protein</i>       | 4g    |