

Breakfast Pear Empanada

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

24 (2-1/4 to 3-ounce) rounds frozen whole grain biscuit dough
6 cups Pacific Northwest Canned Pears, diced, in juice,
drained
6 tablespoons cornstarch
3 tablespoons granulated sugar
1-1/2 teaspoons ground cinnamon

Method

Place frozen biscuits on sheet pan lined with parchment paper.
Allow to thaw at room temperature, approximately 30 minutes.

Preheat oven to 350°.

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

Servings

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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

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

With a slotted spoon, place 1/4 cup of pear filling in the center of each biscuit. Use a pastry brush to lightly brush warm water on outside edges of the biscuit dough, and then fold the dough over to create a pocket. Firmly press the edges with a fork to seal.

Evenly space the filled empanadas on sheet pan. Bake for 15 to 20 minutes (10 to 12 minutes in a convection oven), or until golden brown.

*Uses whole grain, meets grain /bread requirements and fruit requirement for federally reimbursable meal programs.