



From the Chef's Corner @ Upper Meadows Farm

Mexican Veggie Turnovers

Makes approximately 24 mini turnovers

Wash all produce prior to using

1 bunch	"Upper Meadows Farm" Kale, julienne
1 bunch	"Upper Meadows Farm" Cabbage, julienne
1 bunch	"Upper Meadows Farm" Cilantro, chopped
2 each	"Upper Meadows Farm" White or Red Baby Onions, sliced (incl. stalks)
16 oz	Pinto beans, cooked
2 T	Olive oil
4 oz	Sour Cream
4 oz	Mexican cheeses – shredded (Cheddar, Monterey & Queso Blanco)
1 T	Mexican spice blend****
½ t	Sea Salt
¼ t	Cracked Black Pepper
24 squares	Puff pastry (2 x 2 inch) – defrosted

***There are plenty of Mexican – Southwest style seasoning blends in the markets; I prepare my own version with a combination of cumin, cayenne, paprika, chili powder, onion, garlic, oregano, salt and various whole peppercorns.

Start with a large braising style pan, preheat to medium
Add olive oil and onions, cook until soft
Add kale and cabbage, cook until soft – stir often
If sticking to pan, add a little water
Add pinto beans, cook for a few minutes until hot (carefully don't mush beans)
Add seasonings, cook for another few minutes
Remove from heat
Add sour cream, cheeses and cilantro – folding in until completely blended
Check seasonings; also remove any excess liquid that didn't cook off
Let cool prior to stuffing
Once ready place a small amount of filling into center of puff pastry square and fold over into a triangle, pinching the edges closed. Place on greased sheet pan, keep space in between turnovers. When finished, place in freezer to set (20 minutes).
Preheat oven to 375F, place in high rack and bake until golden brown. Serve immediately with favorite salsa or dip.

Traditional options – Use empanada dough instead of puff pastry; procedures the same except you can either bake or fry empanadas. Another great option is add sliced chorizo sausage in the mix and add a spicy kick...Enjoy!!

t – teaspoon

T – tablespoon

Jeffrey R. Perry CEC