

Low-Point Cheeseburger Empanadas

Ingredients:

- 2 cups flour
- 1 cup Land O Lakes Light butter, softened slightly and cool
- 1 cup plus 2 Tbs Light 1% cottage cheese
- 1/2 lb. lean ground beef
- 1 tsp. Goya Adobo seasoning
- 1/2 tsp. pepper
- 1 tsp. onion powder
- 1/4 cup pasta/pizza sauce
- Reduced-fat four-cheese shredded cheese

For the Empanadas: Place flour in a medium bowl. Cut in butter and mix until the flour is crumbly. Blend in cottage cheese until mixture forms a ball. Chill dough for 1 hour. Roll out dough in flour to 1/8 inch thickness. Cut circles out of the dough (approximately 4 to 4 1/2 inches in diameter.) Place on slightly greased cookie. While the dough is chilling, brown ground beef and drain grease. Add Adobo seasoning, pepper, onion powder, and pizza sauce and stir. Spoon 1 Tbs of meat mixture onto the center of each empanada and then place 1 Tbs of shredded cheese on top of meat mixture. Fold dough over and seal/crimp using a fork. Bake empanadas at 400 degrees for about 15 minutes (or until they are slightly golden brown).

Total servings - 15

Serving size - 1

Points per serving - 3.6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)