

EMPANADAS

FROM THE KITCHEN OF

Melba

FLAVORS OF

Nicaragua



INGREDIENTS

1 lb shredded, cooked chicken
Goya empanada dough shell
1 medium onion, diced
½ green bell pepper, diced
½ cup chopped fresh cilantro
½ cup of chives
4 cloves garlic, crushed
1 (1.41 ounce) package sazón seasoning with annatto (such as Goya®)
1 tablespoon tomato paste

1 tablespoon worcestershire sauce
1 tablespoon mustard
Salt and ground black pepper to taste
1 cup vegetable oil for frying

TOPPING

1 lemon
1 cup shredded cabbage
1 cup shredded carrots

CONTINUED

INSTRUCTIONS

In a large skillet over medium-high heat, heat 2 tablespoons oil. Sauté shredded chicken until heated through, about 2 minutes. Add diced onion, diced green bell pepper, chopped cilantro, chives, crushed garlic, sazón seasoning, tomato paste, Worcestershire sauce, mustard, salt, and black pepper. Stir occasionally until vegetables have softened, about 10 minutes. Remove from heat and let cool. Place about 2 tablespoons of the chicken filling in the center of each empanada dough circle. Fold in half and press down on the edges with a fork to seal. Heat 1 cup of oil in a frying pan over medium heat. Working in batches, add empanadas and fry until golden brown, about 5 minutes per side. Transfer to a paper towel-lined plate to drain excess oil. Top the cooked empanadas with shredded cabbage and carrots. Squeeze lemon juice over the top.



Melba

Melba Valladares García, a 57-year-old refugee from Nicaragua, has been married for 14 years. Despite encountering physical obstacles, Melba embodies exceptional strength and bravery. In her story, faith is intricately woven into her sense of self. Being a devoted Catholic, she finds comfort in the conviction that God is with her every step of the way, especially during moments of uncertainty. In addition to her resilience, Melba's skills of sewing and cooking illuminate her artistic flair and unwavering resolve to flourish amidst challenges.



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