

# pumpkin empanadas + cilantro crema



This week I wanted to make something with pumpkin, which I believe, is the most ubiquitous fall flavor ever, but I wanted to use it in an unexpected, savory kind of way. It is a super simple recipe... Fast and fun!! The dough is really tasty. Please start with the pumpkin dough ASAP as it needs time to rest before cooking: the longer the dough sits, the better so start early and let it rest!.

Empanadas are found in, Spain, Portugal, the Caribbean, Latin America, and the Philippines. They are essentially a stuffed pastry. The name comes from the Spanish verb *empanar*, meaning to wrap or coat in bread. Usually the empanada is made by folding a thin circular-shaped dough patty over the stuffing, creating its typical semicircular shape.

It is likely that the Latin American empanadas were originally from Spain, where an empanada is prepared similar to a pie that is cut in pieces, making it a portable, easy and hearty meal for working people. The flavors are very kid friendly while also having them experience something new. This recipe makes 12-16 Empanadas. **Have fun and happy cooking! –Erin**

## measure+mix+knead

Mix together **4 C of all purpose flour**, **½ teaspoon dried or fresh thyme**, **¼ teaspoon cinnamon**, **1-½ tsp of salt**, **1 T of sugar**, **a pinch of pepper**, **1 tsp of baking powder** and **½ C of green Mexican pumpkin seeds (pepitas)**. Stir in **1 C of plain low-fat yogurt** and **¾ C of canned pumpkin** and mix until the dough is too stiff for a spoon. Have the kids knead it in the bowl till it holds together well, adding more flour if necessary. Turn dough out on a floured surface and cut into pieces; at least 12 little dough balls. Have kids continue kneading their dough for about 5 minutes till the dough feels smooth and elastic. Put the dough balls in an oiled bowl, drizzle with oil and keep covered with a damp clean dishtowel, set aside to rest for at least 10 minutes and up to 3 hours. Time to make the filling!

## tear+grate+whip

Have kids either chop, cur or tear up a **small bunch of fresh chives**. Grate **2 C of jack cheese** then mix everything together into a small bowl with **¼ C soft room temperature cream cheese**. Have the kids mix and whip together... Set to the side

## cook+flip

Pre- heat the skillet over medium heat. Give each kid a small ball of dough and then have him or her press the balls flat into round discs. The thinner the dough the better! Have them add some cheese filling on one half of the round disk. Fold over and pinch the sides together with clean little fingers. Brush **2 T of oil** on the hot skillet. Lay the Empanadas on the hot skillet and cook over a medium heat for 2-3 minutes. It will puff up in places or all over, and there may be some blackish-brown spots on the bottom. Totally OK! Slide a spatula under the empanada and flip it, for a minute or two, just till it finishes puffing up into a balloon and begins to color lightly on top. Fit as many empanadas as you can on skillet. Set to the side to cool for a bit.

## squeeze+whisk

As the adults make the Empanadas, it is time for the kids to make the Cilantro Crema! Have kids cut up **1 lime** into a few pieces. Have kids each take a turn squeezing the lime juice into a bowl. Have kids tear, cut or chop up a **small bunch of fresh cilantro** and add to the bowl with the lime juice. Have kids measure and mix in **1 C of sour cream** and **¼ C of buttermilk** and **1 T of salt** together in the bowl. **Whisk. Whisk. Whisk! Serve with the pumpkin empanadas. Delicious!**

*continued*



# pumpkin pie smoothies



## scoop+pour+peel

Have kids scoop **3 C vanilla ice cream** and **1 C canned pumpkin** into your blender. Pour in **1-½ C milk** and **½ C of honey** and add to the blender. Peel **3 bananas** and add to the blender.

## shake+blend

Have kids shake into the blender 1 1/8 teaspoons of ground pumpkin pie spice. Blend everything together and pour into a fancy glass! This recipe makes 4 to 6 servings - Hint: Pour extras into Popsicle molds and POP in the freezer! Add whipped cream if you wish to make it decadent - **Just like Thanksgiving! YUM!**

## fun food facts:

**A pumpkin is really a squash?** It is! It's a member of the Cucurbita family which includes squash and cucumbers. Pumpkins are Fruits!

**Are pumpkins grown all over the world?** Six of the seven continents can grow pumpkins. Antarctica is the only continent that they won't grow in.

- ★ **Pumpkins contain** high and nutritious amounts of potassium and Vitamin A.
- ★ **Pumpkin flowers** are edible.
- ★ **The tradition of carving** fruits and vegetables for Halloween started with the Irish people carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a-plenty and they were much easier to carve for their ancient holiday of Halloween.
- ★ **The largest pumpkin pie** ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- ★ **In early colonial times**, pumpkins were used as an ingredient for the crust of pies, not the filling.
- ★ **Pumpkins were once recommended** for removing freckles and curing snake bites.
- ★ **The largest pumpkin ever grown** weighed 1,140 pounds.
- ★ **Pumpkins** are 90 percent water.
- ★ **Native Americans** flattened strips of pumpkins, dried them and made mats, and also used pumpkin seeds for food and medicine

**What did one Jack-o-lantern say to the other?** Cut it out!

**What is a pumpkin's favorite sport?** Squash

**What's the ratio of a pumpkin's circumference to its diameter?** Pumpkin Pi (3.1428571428571428571428571428)

**What do you get when you cross a snowman and a vampire?** Frostbite!

**How do you repair a broken Jack-o-lantern?** Buy a pumpkin patch!

**What's black, white, orange, and waddles?** A penguin carrying a Jack-o-lantern.

**OCTOBER JOKE: What do skeletons say before they begin dining?** Bone appétit!

