

Ham and Olive Empanadillas

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 15 appetizers

2 hard-boiled eggs, roughly chopped

1 1/4 ounces stuffed green olives, chopped

3 ounces ham, finely chopped

1 ounce Cheddar cheese, grated

3 sheets ready-roll puff pastry

1 egg yolk, lightly beaten

Preparation Time: 45 minutes

Cook Time: 25 minutes

Preheat the oven to 425 degrees. Lightly grease two baking trays.

In a bowl, combine the eggs with the olives, ham and Cheddar cheese.

Cut the puff pastry sheets into four-inch rounds (about five rounds per puff pastry sheet). Spoon a tablespoon of the mixture into the center of each round. Fold over the pastry to enclose the filling. Crimp the edges to seal.

Place the pastries on the trays 3/4 inch apart. Brush with egg yolk.

Bake for 15 minutes or until brown and puffed. Swap the trays around after 10 minutes. Cover loosely with foil if browning too much.

Serve hot.

Per Serving (excluding unknown items): 483 Calories; 34g Fat (64.8% calories from fat); 37g Protein; 4g Carbohydrate; 0g Dietary Fiber; 715mg Cholesterol; 1427mg Sodium. Exchanges: 5 1/2 Lean Meat; 3 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	483	Vitamin B6 (mg):	.5mg
% Calories from Fat:	64.8%	Vitamin B12 (mcg):	2.5mcg

