



## Summer Savory Hand Pies



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



9

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 0.5 cup corn kernels fresh
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil

- ☐ 2 peaches pitted sliced into thin wedges
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.8 teaspoon salt
- ☐ 2 medium shallots thinly sliced
- ☐ 0.3 cup tofu feta shredded mozzarella-style crumbled (recipe in Go Dairy Free or vegan cheese (such as Daiya or Galaxy – both are soy-free and allergy-friendly)
- ☐ 2 tomatoes firm sliced into thin wedges

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife

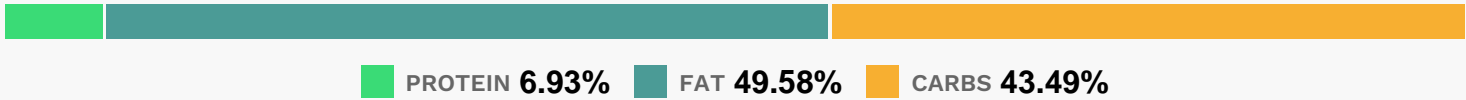
## Directions

- ☐ Open up the packages of puff pastry, lay a lightly moistened towel over them so that they don't dry out, and allow them to thaw while you prepare the filling; about 30 minutes. Meanwhile, preheat your oven to 400°F and place a silicone baking mat or piece of parchment paper on top of a baking sheet. In a large bowl, toss together the sliced shallots, peaches, tomatoes, corn, pine nuts (if using) and cornstarch, being gentle so as not to mash the fruits. Once everything is evenly coated with starch, drizzle in the balsamic vinegar and olive oil, followed by all the fresh herbs and seasonings. Stir well to distribute the latest additions evenly, taste for salt and mix in more if necessary. Finally, stir in the vegan cheese. Once the pastry has thawed, work with one sheet at a time on a lightly floured surface and roll it out to 1/8-inch thickness.
- ☐ Cut the rectangle into 9 equal squares and transfer them to your prepared baking sheet, spacing them out evenly with at least 1/2-inch of breathing room in between the pieces.
- ☐ Roll out the second sheet of pastry in the same way and once again, cut it into 9 squares. Spoon 1/4 to 1/3 cup of the filling into the center of each pastry square resting on the baking sheet, mounding it up slightly towards the middle. Run a lightly moistened finger all the way around the perimeter of the pastry; this is the "glue" that will seal the top and bottom together. Take a second square of pastry, stretching it slightly if necessary to cover the filling,

and firmly press down around the edges. Use a fork to crimp all the way around, and trim the excess if desired. Use a very sharp knife to cut two or three vents in the top of each hand pie. Repeat with all the remaining squares until each pie has a secure top and bottom crust.

- ☐ Bake for 14 to 18 minutes, until puffed and golden brown all over.
- ☐ Let cool on the baking sheet for at least 10 minutes before digging in.

## Nutrition Facts



## Properties

Glycemic Index:36.69, Glycemic Load:1.84, Inflammation Score:-4, Nutrition Score:4.5726086471392%

## Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 91.02kcal (4.55%), Fat: 5.28g (8.12%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 8.92g (3.24%), Sugar: 4.86g (5.4%), Cholesterol: 0mg (0%), Sodium: 243.61mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.44mg (21.8%), Vitamin K: 9.52µg (9.07%), Vitamin A: 391.59IU (7.83%), Vitamin C: 6.3mg (7.63%), Vitamin E: 0.98mg (6.54%), Fiber: 1.51g (6.02%), Copper: 0.11mg (5.31%), Magnesium: 20.28mg (5.07%), Potassium: 174.85mg (5%), Phosphorus: 47.22mg (4.72%), Vitamin B3: 0.76mg (3.81%), Iron: 0.67mg (3.71%), Folate: 13.34µg (3.33%), Vitamin B1: 0.05mg (3.21%), Vitamin B6: 0.06mg (3.15%), Zinc: 0.44mg (2.91%), Vitamin B2: 0.03mg (1.83%), Vitamin B5: 0.16mg (1.63%), Calcium: 13.08mg (1.31%), Selenium: 0.9µg (1.29%)