

# BUSINESS EXTRA

## VENTURES

### La Empanada Gourmet

#### ■ Frozen empanadas

**Price:** Varies by store

**Where you can get it:** Asian Seafood Market, Cariño Coffee, Cow Town Restaurant and Gaia Bistro Restaurant

**Business owner:** Yaya Lander

**Location:** Golden

**Tidbits:** Tired of eating the same frozen meals for lunch everyday? If you are, then check out Lander's frozen empanadas made with her mother's recipe directly from Spain.

"My empanadas are authentic and all made from scratch," she said. "It's a very tasty, flaky lunch-time treat."

Empanadas are a self-contained meal featuring a puff pastry stuffed with various ingredients.

Lander offers three flavors — traditional beef with green olives and raisins; spicy sausage; and guava and cream cheese. The empanadas also come in regular and cocktail sizes.

"All they need is 15 to 18 minutes in the oven at home," she said. "Once a person is at work, all they have to do is reheat the empanadas in the microwave. With a salad on the side, it's a great, quick lunch."

**For more information:** laempanada-gourmet.com or 303-215-0875



◀ **Yaya Lander's frozen empanadas** take 15 to 18 minutes in the oven and can be reheated in a microwave. Authentic and made from scratch, they provide an alternative to common frozen dinners.

