

BLACK BEAN BRUNCH

4-6 flour tortillas	2 to 3 t ground cumin
24 ozs cream cheese, softened	½ t chili powder
6 eggs	½ t salt
8 ozs canned black beans, rinsed, drained, and coarsely chopped in a food processor or blender	2 t Worcestershire sauce flour
½ jalapeno pepper, minced	oil or vegetable shortening for pan
2 t minced garlic	medium or hot salsa
2 to 2 ½ t red pepper sauce	fresh cilantro sprigs

Preheat oven to 300°. Grease a 9-inch spring form pan and line side with tortillas, overlapping to fit.

In a large bowl, beat the cream cheese until fluffy (an electric mixer works best). Add eggs, one at a time. Beat in beans, jalapeno, garlic, pepper sauce, cumin, chili powder, salt and Worcestershire sauce. Pour into lined pan.

Bake until center is just set and a clean knife inserted halfway between center and edge comes out clean, about 1 hour. Place pan on wire rack and allow to cook to room temperature. Cover loosely with aluminum foil and refrigerate overnight.

Serve cold or hot. To heat: Cut into wedges, coat edges lightly with flour. Lightly grease a skillet and heat each wedge until golden, turning to cook both sides. Serve with salsa and cilantro garnish.

Serves 12 as a main dish.

Calories: 312, Carbohydrate: 15 grams, Protein: 10 grams, Fat: 23 grams.