

The Hungry Friar

Recipes from the Carmelite Family

A South of the Border Tart

Most likely a recipe from the American Southwest. Interesting, tasty and a little bit spicy. Makes about 6 servings (approx. 350 calories each)

Ingredients:

For the Crust:

1 ½ tsp chili powder
1 tsp baking powder
1 tsp cumin
2 Tbs vegetable oil
1 ¼ cups cornmeal
1 cup boiling water
1 egg

The Filling:

1 15 oz can of black beans, rinsed, drained
1 ½ cups cooked corn
1 red bell pepper, diced
½ cup chopped green peppers
1/3 cup coarsely chopped cilantro
1 jalapeño pepper, seeded, minced
¼ tsp salt
1/8 tsp freshly ground black pepper
1 ½ cups shredded cheese (Mexican blend -
I usually use Sargento or Kraft)

Instructions:

1. Preheat oven to 400° F. Grease a 10" springform pan with cooking spray.
2. In a medium mixing bowl, combine chili powder, baking powder, cumin and salt; mix well. Stir in oil. Mix in cornmeal until evenly coated. Stir in water and let sit a few minutes. Beat in egg. When combined, press into the springform pan covering the bottom and ½ inch up the sides.
3. In another bowl, combine all the filling ingredients except half of the cheese. Spoon mixture evenly into the crust, slightly pressing it down. Sprinkle the remaining cheese over the top.
4. Bake for about 30 minutes or until heated through and the cheeses have melted. Remove from springform pan and serve. Salsa and/or sour cream may be a good condiment.