

NR_key_name: CAB1EC6F03836DDF852562C70069F7D0
SendTo: JRaab @ vt.edu @ Internet @ WorldCom
CopyTo:
DisplayBlindCopyTo:
BlindCopyTo: CN=R econd/O=ARRB
From: CN=Laura Denk/O=ARRB
DisplayFromDomain:
DisplayDate: 02/05/1996
DisplayDate_Time: 2:23:37 PM
ComposedDate: 02/05/1996
ComposedDate_Time: 2:17:27 PM
Subject: Hey there!

Hi friend. This is so exciting -- being able to talk to you on e-mail. I hope you were able to get warm after our 17-below run yesterday. Brrr. I stayed in the bath for about an hour just to warm up. How was your trip back to VT? Here is a delicious recipe for Tortilla Pie. I've made it twice and it is excellent. (It is from Cooking Light magazine -- so it is low cal & good for you, not to mention vegetarian!) Give Henry a doggie smooch for me! Woof Woof... Tortilla Pie

1 T. olive oil
1 cup chopped red pepper
3/4 cup chopped green pepper
1/4 cup chopped red onion
1 4.5 oz. can of green chiles, drained
2 T. chopped fresh cilantro
1 t. chili powder
1 t. dried oregano
1/4 t. ground cumin
2 cups low sodium tomato juice
2 15 oz. cans of black beans
2 15 oz. cans of cannellini (white kidney) beans
6 oz. of shredded reduced fat sharp cheddar cheese
6 oz. of shredded reduced fat monterey jack cheese
8 (10 inch) flour tortillas
low fat vegetable oil cooking spray

1) saute first nine ingredients (red pepper through cumin) in the 1 T. olive oil for 5 minutes, or until tender
2) add tomato juice and continue cooking for 8 minutes (the mixture will thicken a bit and reduce to approx. 2 and 1/4 cups)
3) drain the beans, but keep them separate
4) mix 1/4 of the tomato juice mixture with the black beans
mix 1/4 of the tomato juice mixture with the cannellini beans
5) put the shredded cheese in a bowl and toss the cheeses together
6) take a long strip of foil and lay it across a 9" pie pan
take another long strip of foil and lay it in the opposite direction across the pie pan (you need enough foil so that you can fold it up over the pie when you are finished building it.)
7) spray the foil with the vegetable oil spray
8) building the pie: layer (1) put one 10 inch tortilla in the pie pan
spread one cup of the cannellini bean mixture over the tortilla
sprinkle 1/4 cup of the cheese over the bean mixture
layer (2) put another 10 inch tortilla over layer (1)
spread one cup of the black bean mixture over the tortilla
sprinkle 1/4 cup of the cheese over the bean mixture
repeat the layers until you have used all 8 tortillas
then, take the little bit of cannellini bean mixture left and spread it over the top of the 8th tortilla and sprinkle the remaining cheese over it. then, fold the foil over the pie and seal it (by scrunching the foil together.)
9) bake for 40 minutes at 325 degrees.
10) when you take the pie out of the oven, let it sit for 10 minutes before opening the foil
11) open the foil and cut into 8 pieces
12) enjoy!

Body:
recstat: Record
DeliveryPriority: N
DeliveryReport: B
ReturnReceipt:
Categories: