

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Tortilla and Black-Bean Pie

Originally from Everyday Food

Serve this brightly colored, layered tortilla pie with salsa and sour cream on the side. You can assemble the pie ahead of time, then bake it just before serving.

I will also add diced chicken (about 1 pound) with the beans.

Serves 6

4 flour tortillas (10-inch) We prefer Rudi's Organic Spelt tortillas because of the lower gluten and higher protein content of spelt flour. Look for them at your local Dierbergs in the freezer section of the natural food aisle. If they don't carry them, request them!)

1 tablespoon canola oil  
1 large onion, diced  
1 jalapeno chile, minced (remove seeds and ribs for less heat)  
2 garlic cloves, minced  
½ teaspoon ground cumin  
coarse salt and ground pepper  
2 cans (15 ounces each) black beans, drained and rinsed  
1 pound diced boneless, skinless chicken breast (optional)  
1 ½ cups water  
1 package (10 ounces) frozen corn  
4 scallions, thinly sliced, plus more for garnish  
2 ½ cups shredded cheddar cheese (8 ounces)  
salsa and sour cream for serving

1. Preheat oven to 400 degrees. Using a paring knife, trim tortillas to fit a 9-inch springform pan, using the bottom of the pan as a guide. Set aside. If your tortillas are smaller than 9-inches, skip this step.
2. Heat oil in skillet over medium heat. Add onion, jalapeno, garlic, and cumin; season with salt and pepper. Cook stirring occasionally, until onion is softened, 5 to 7 minutes.
3. Add beans and water to skillet, and bring to a boil. If you are using chicken, add it with the beans. Reduce heat to medium; simmer until liquid has almost evaporated, 8 to 10 minutes. Stir in corn and scallions, and remove from heat. Season with salt and pepper.
4. Fit a trimmed tortilla in bottom of springform pan; layer with ¼ of the beans and ½ cup cheese. Repeat three times, using 1 cup cheese on top layer. Bake until hot and cheese is melted, 20-25 minutes. Unmold pie, sprinkle with scallions. To serve, slice into wedges.