

BLACK BEAN EMPANADAS

2 Tbsp vegetable oil
¾ cup chopped onion
2 cups cooked, drained black beans (or 1 15-oz can black beans, drained)
¼ cup chopped fresh cilantro
¾ tsp ground cumin
¼ tsp cayenne pepper

1 recipe pastry for 2-crust pie
1 generous cup coarsely grated Monterey Jack cheese
1 egg, beaten to blend for glaze

Heat oil in heavy medium skillet over high heat. Saute onion in skillet 3 minutes. Add beans, cilantro, cumin and cayenne; heat through, about another 3 minutes. Mash bean filling coarsely. Season with salt to taste and cool.

Preheat oven to 425. Roll out pastry into two 9" squares. Cut each into nine 3" squares of dough. Place 1 heaping tablespoon of filling in the center of each square. Top with about a Tablespoon of grated cheese.

Brush the edges of squares with glaze, fold 1 corner over filling to opposite corner, forming triangles. Seal crust edges with a fork and transfer to a rimmed baking sheet. Brush with glaze. Bake until golden, about 15 minutes. Serve hot. May be reheated.

Makes 18.

NOTE: DROPOUT'S PASTRY RECIPE WORKS WELL FOR THESE