

BEAN SOUFFLE

2 c low-fat Swiss or Cheddar cheese, grated	2 t butter
2 T Parmesan cheese or fine dry bread crumbs	½ t salt
2 c cooked baby lima beans, drained	¼ t cayenne pepper
2/3 c milk	6 eggs, separated

Preheat oven to 350°F. Wrap a 2 inch high strip of double aluminum foil around top edge of a 5 cup souffle dish, secure with tape or string. Grease dish and foil with butter and sprinkle with Parmesan or bread crumbs. Set aside.

In a blender or food processor, puree beans and milk until smooth. In a saucepan, combine pureed beans, cheese, salt and cayenne. Cook and stir over medium heat until cheese is melted. Remove from heat. Beat in egg yolks one at a time.

In large bowl of electric mixer, beat egg whites just until glossy and stiff peaks form. Mix ¼ of the beaten egg whites into the bean-cheese mixture; gently fold bean mixture into remaining whites.

Pour souffle mixture into prepared dish. Bake about 35 minutes until golden brown.

Serve at once, makes 4-6 servings.