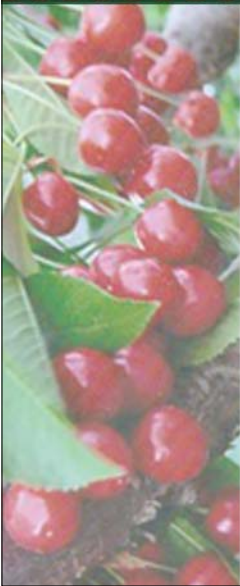


Z's Orchards
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Bing Cherry Flan

| | |
|--------------------------------|--|
| Vegetable oil cooking spray | 2 cups dark sweet cherries, stemmed and pitted |
| 2 tablespoons kirsch or brandy | 2 tablespoons all-purpose flour |
| 1/3 cup granulated sugar | 1/4 teaspoon ground nutmeg |
| 1 large egg | 2 large egg whites (about 1/4 cup) |
| 1 teaspoon vanilla | 2 tablespoons powdered sugar |

Coat a 10 inch quiche dish or other shallow 1 1/2 quart baking dish with cooking spray. Spread cherries in dish, drizzle with brandy and set aside.

In a medium-size bowl, mix flour, granulated sugar, and nutmeg. Beat in egg, then egg whites; gradually stir in milk and vanilla. Pour egg mixture over cherries. Bake in a 350 degree oven until custard is puffed and golden brown, about 45 minutes or when a knife inserted in center comes out clean. Let cool slightly, and then sift powdered sugar over top. Cut into wedges and serve warm. Makes 6 servings.

From: "The Best of Sunset Low Fat Cooking"

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