

Hispanic African American Horseshoe

This lucky horseshoe blends the best of two worlds together for a good luck wish at new years. America's great and massive growing minorities join hands and share their heritage with the rest of us - in each and every single ingredient. Lets recognize them and share in their heritage of flavor!

Serves 12 to 18 people for a party or reception

- 3 (1 pound) loaves frozen bread dough (or make fresh)
- 2 pounds Jimmy Dean pork sausage or use imitation sausage or Boca-Burger bits and pieces (heart healthy)
- 12 eggs or equivalent in Egg beaters or imitation eggs - this ingredient does not have to be precise or exactly "dead on." Have fun with cooking! :)
- 1 1/4 pound smoked or seared breast of chicken, diced (Sear in a hot, smoky skillet for that charred flavor)
- 2 small cans, sliced black olives or use fresh, herbed, pitted black olives from a local market (slice yourself)
- 2 pounds Kraft shredded cheese, use 4 flavor cheese packages (The Mexican package by Kraft is great), or go to an Cheese store and get some really fresh shredded cheese with a Hispanic influence (Manchego is a good start).
- 3 freshly diced tomatoes
- 1 can Pam cooking spray - just for a little spraying
- 5 more eggs, well beaten, for glazing later

Directions:

1. Thaw the frozen bread dough.
2. Place sausage in a large, deep pot. Cook over medium high heat until thoroughly cooked. Drain off the grease well. If using Boca pieces then just thaw them out.
3. In a large pan cook the 12 eggs or Eggbeaters. Remove from the heat and hold off to the side. Sear off and cook your chicken breasts and dice. Hold off to the side.
4. Preheat oven to 325 degrees F. Lightly Pam Butter Spray a medium baking dish or good-sized pan in your kitchen.
5. A loaf at a time, using a lightly floured surface, rolls the bread dough out with a rolling pin. You want a sheet about 1/4 inch or less thick. Spoon out 1/3 of the sausage, 1/3 of the cooked eggs, 1/3 of the chicken, 1/3 of the olives, 1/3 of the diced tomatoes and 1/3 of the shredded cheese so that it is even over each sheet of dough. Now roll it into a nice long loaf. Pinch shut and put pinched side down.

6. Put the loaves into the baking dish or pan, brush with the 5 eggs "beaten egg mixture" and bake it in the preheated oven 30 to 55 minutes, until it is nice and golden brown. If desired, form loaves into a horseshoe shape before baking. If you notice quick browning, maybe your oven runs hot. Put some foil over the top of the loaves, just rest it on top of them, shiny side up, to reflect the heat off of those tops. That will slow down that browning! Take that!

Make sure you put it in the oven on the middle rack and make sure it is not cooking too fast on the bottom. All ovens are different in every home. If it looks like that is going on, move it to the top rack.

Let it cool at least 25 minutes before slicing or serving. Some folks like to serve the horseshoe for New Years to bring good luck. Let guests have fun cutting slices on a cutting board that is thoughtfully decorated with some greens or holly and cranberries around the horseshoe! Fun!