

Side Dish

Chile Rellenos Made Easy

Cooking Light Magazine

Servings: 4

Preparation Time: 43 minutes

Start to Finish Time: 1 hour 6 minutes

Cooking spray

1 1/4 cups onion, coarsely chopped

2 cups tomatoes, chopped

1/2 cup low-sodium salsa verde

1/4 teaspoon salt

1/4 cup fresh cilantro

4 poblano chiles

1 cup (4 oz) reduced-fat Monterrey Jack cheese, shredded and divided

2 tablespoons goat cheese, divided

3 large egg yolks

3 large egg whites

1/4 cup all-purpose flour

1/4 teaspoon freshly ground black pepper

3 tablespoons cornmeal

1/4 cup canola oil

Preheat broiler to high.

Heat a large skillet over medium-high heat. Coat the skillet with cooking spray. Add the onion; saute' for 4 minutes until tender. Stir in the tomatoes, salsa verde and salt. cook for 15 minutes or until thickened, stirring frequently.

Place the tomato mixture in a food processor and add the cilantro. Process the mixture until smooth. set aside.

Place the poblanos on a foil-lined baking sheet. Broil three inches from the heat for 8 minutes or until blackened and charred, turning after 6 minutes. Place the peppers in a paper bag; fold to close tightly. Let stand 15 minutes. Peel the peppers and discard the skins.

Cut a lengthwise slit in each chile. Scoop out and discard seeds leaving the stems intact. Spoon 1/4 cup of Uack cheese and 1 1/2 teaspoons of goat cheese into the cavity of each chile.

Preheat oven to 350 degrees.

Lightly beat the egg yolks in a small bowl. Place egg whites in a medium bowl; beat with a mixer at high speed until stiff peaks form. Fold the egg yolks into the egg whites.

Combine flour and black pepper in a shallow dish.

Place cornmeal in another shallow dish.

Dredge the poblanos in the flour mixture; then dip in the egg mixture and dredge in the cornmeal.

Heat oil in a large stainless steel skillet over medium-high heat until hot; reduce to medium heat. Place the coated poblanos in the pan. Cook 6 minutes or until crisp, turning to cook on all sides.

Place poblanos on a baking sheet.

Bake for 8 minutes or until cheese melts.

Serve with a tomato sauce. Also delicious with a raspberry sauce.

Per Serving (excluding unknown items): 284 Calories; 19g Fat (60.2% calories from fat); 9g Protein; 20g Carbohydrate; 3g Dietary Fiber; 163mg Cholesterol; 202mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.