

Mexican

Chiles Rellenos Casserole

Taste of Home

Servings: 8

Preparation Time: 20 minutes

Bake Time: 40 minutes

7 cans (4 oz) whole green chiles, drained

3/4 pound Monterey Jack cheese, cut into strips

1 cup (4 oz) shredded cheddar cheese

5 eggs

1 1/4 cups milk

1/4 cup all-purpose flour

1/4 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon hot pepper sauce

Preheat oven to 350 degrees.

Split chiles lengthwise; rinse and remove seeds. Drain on paper towels; pat dry.

Stuff chiles with cheese strips. Place half of chiles in a greased 11-in x 7-in baking dish; sprinkle with 1/2 cup cheddar cheese. Repeat layers.

In a small bowl, beat the eggs, milk, flour, salt, pepper and pepper sauce until smooth; pour over chiles.

Bake, uncovered for 40-45 minutes or until a knife inserted near the center comes out clean.

Let stand for 10 minutes before serving.

Per Serving (excluding unknown items): 300 Calories; 22g Fat (66.4% calories from fat); 20g Protein; 6g Carbohydrate; trace Dietary Fiber; 190mg Cholesterol; 447mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.