

Fiery Stuffed Poblanos

*Amber Massey - Argyle, TX
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Servings: 8

*8 poblano peppers, 1/2" cubes
15 black beans rinsed and drained
1 medium zucchini, chopped
1 small red onion, chopped
4 cloves garlic, minced
1 can (15-1/4 ounce) whole kernel corn, frozen, drained
1 can (14-1/2 ounce) fire-roasted tomatoes, undrained and diced
1 cup cooked brown rice
1 tablespoon ground cumin
1 to 1-1/2 teaspoon ground ancho chile pepper
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup shredded reduced-fat Mexican cheese blend, divided
3 green onions, chopped
1/2 cup reduced-fat sour cream*

Preparation Time: 50 minutes

Bake Time: 20 minutes

Broil the peppers three inches from the heat until the skins blister, about 5 minutes. With tongs, rotate the peppers one-quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place the peppers in a large bowl. Cover. Let stand for 20 minutes.

Meanwhile, coarsely mash the beans. Set aside.

In a large nonstick skillet coated with cooking spray, cook and stir the zucchini and onion until tender. Add the garlic. Cook for 1 minute longer. Add the corn, tomatoes, rice, seasonings and beans. Remove from the heat. Stir in one-half cup of cheese. Set aside.

Preheat the oven to 375 degrees.

Peel the charred skins from the poblanos. Discard the skins. Cut a lengthwise slit in each pepper leaving the stem intact. Discard the membranes and seeds. Spoon two-thirds cup of the filling into each pepper. Place the peppers into a 13x9-inch baking dish coated with cooking spray.

Bake until heated through, 18 to 22 minutes. Sprinkle with green onions and the remaining cheese during the last 5 minutes of baking.

Serve with sour cream.

Per Serving (excluding unknown items): 63 Calories; 1g Fat (8.0% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.