

Chilies Rellenos New Mexico

Nancy Blackman - Las Cruces, NM
Treasure Classics - National LP Gas Association - 1985

Servings: 6

*2 cans (4 ounce ea) green
chili peppers
6 ounces Monterey jack
cheese
4 eggs, beaten
1/3 cup skim milk
1/2 cup all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt (optional)
3/4 cup (3 ounces)
shredded cheddar cheese*

Preparation Time: 20 minutes**Bake Time: 30 minutes**

Drain the peppers. Halve lengthwise and remove the seeds.

Cut the Monterey jack cheese into strips to fit inside the peppers. Wrap each pepper around a strip of cheese. Place the peppers in a greased 10x6x2-inch baking dish.

In a bowl, combine the eggs and milk. Beat in the flour, baking powder and 1/2 teaspoon of salt until smooth. Pour over the peppers. Sprinkle cheddar cheese on top.

Bake in a 350 degree oven for 30 minutes.

Best when served with rice and a tossed salad.

Per Serving (excluding unknown items): 261 Calories; 17g Fat (58.0% calories from fat); 16g Protein; 11g Carbohydrate; 1g Dietary Fiber; 182mg Cholesterol; 335mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.