
Chicken Poblano

Helen Barrionuevo

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Servings: 6

6 small boneless/ skinless chicken breasts

salt

pepper

1/4 cup butter

1/4 cup cooking oil

1 large onion, thinly sliced

2 pounds poblano chile pepper, divided

1/2 cup Chihuahua cheese

SAUCE

3 poblano chiles

1 cup milk

2 cups sour cream

salt (to taste)

Preheat the oven to 350 degrees.

Salt and pepper the chicken breasts. Heat butter and oil together in a skillet. Lightly brown the breasts on both sides. Set aside.

In the same pan, saute' the onion until soft, but not browned. Set aside three chilies for the sauce. Roast the remaining chilies in a 350 degree oven for 20 minutes. Place the chilies in a plastic Ziploc bag for 15 minutes. Then peel off the skin and cut into strips. Add to the onions in the skillet. Salt to taste. Cover and cook on medium heat for 8 minutes.

Make the sauce: In a blender, liquify the chilies with milk, sour cream and salt to taste.

Place the chicken breasts in a shallow casserole dish. Cover with the chilies and onions. Pour the sauce over the chicken breasts, onions and chilies.

Bake for 30 minutes.

Sprinkle with the Chihuahua cheese. Return to the oven until the cheese is melted.

Chicken

Per Serving (excluding unknown items): 344 Calories; 34g Fat (87.7% calories from fat); 4g Protein; 7g Carbohydrate; trace Dietary Fiber; 60mg Cholesterol; 139mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Non-Fat Milk; 7 Fat.