



Breaded Stuffed Poblano Pepper With Red Enchilada Sauce

When you think of a Chile Relleno, you think of the regular kind you'd get from a restaurant. A poblano pepper stuffed with cheese, breaded with a soggy breading... that's been deep fried. It's usually served on a bed of oozing oil. You eat one and it feels like someone set a brick into your stomach. Well, my version is pretty danged close to fat free, has my low carb breading and gets its crispy exterior from baking. Also, it packs a megaton more flavor than the greasy cheese filled kind, because mine's filled with my chorizo, onions, cilantro & cheese.

Ingredients:

Filling:

- 1/2 batch of my ground turkey "Chorizo", recipe from "Cookbook: Volume 1" on page 27. (Halve the recipe).
- DO NOT INCLUDE the chili powder or cayenne
- 1 medium onion, diced
- 1/4 cup cilantro, chopped
- 1/2 cup part skim, low fat mozzarella
- 2-1/2 Tbsp plain fat free Greek yogurt
- 1/4 cup of my 'Quick Enchilada Sauce', recipe from "Cookbook: Volume 3" on page 17.

Breading:

- 1 batch of my "Breading 2.0" Rice Krispies breading. Recipe from "Cookbook: Volume 1" on page 35.
- Replace the dried Italian seasoning with dried oregano. We're making a Mexican dish, not Italian.

Additional Ingredients:

- 4 good sized Poblano peppers
- Fresh Cilantro
- Reduced fat feta cheese, for garnish. ***
- 1 batch of my 'Quick Enchilada Sauce'
- 4 toothpicks or wooden skewers, soaking in water.

Directions:

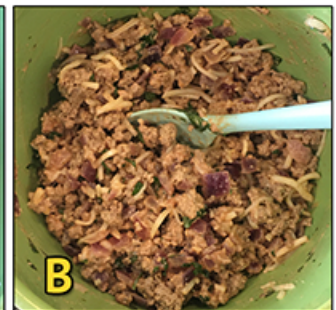
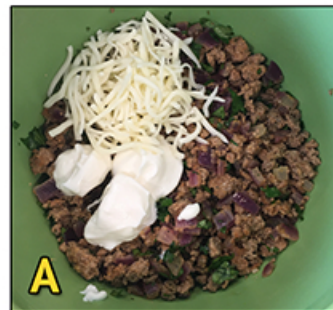
1. Mix together the raw ground turkey chorizo, (minus the chili powders) with the diced onions. Set aside.
2. Prepare the breading as directed, replacing the dried Italian seasoning with dried oregano.

Servings Info.:

Yields: 4 Stuffed Chiles
Servings: 4
Serving Size: 1 Chile

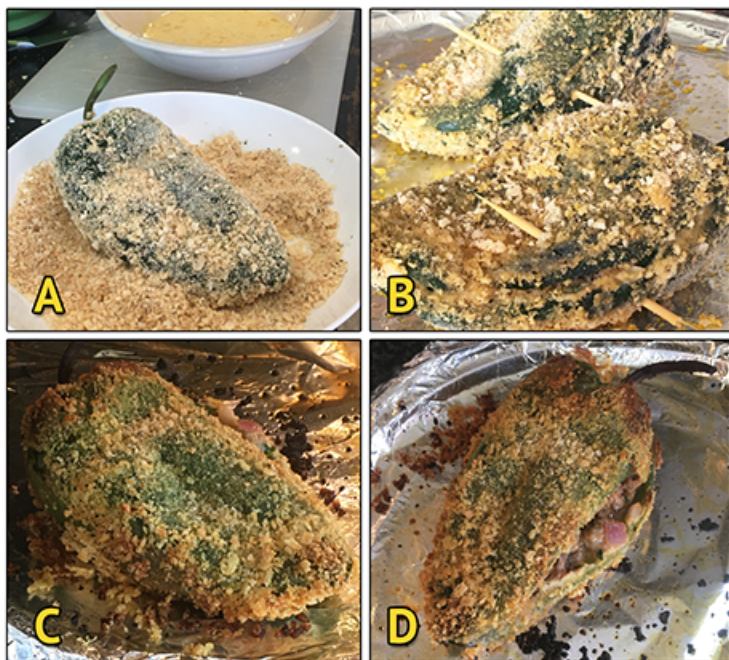
Points:

	G	B	P
1 serving =	3	2	2
2 servings =	7	4	4
3 servings =	10	6	6
4 servings =	13	8	8



3. (A) Cook the chorizo and onions with cooking spray, till the chorizo is cooked through. Stir in the cilantro, remove from heat, set aside in a mixing bowl. Add the mozzarella, yogurt and enchilada sauce. (B) Stir to combine. (C) Slice lengthwise down each pepper, remove the seeds and membrane. (D) Fill the peppers until they can just barely close.

4. Preheat oven to 450 degrees. Line a baking pan with aluminum foil, spray with cooking spray, set aside. Soak 4 toothpicks or wooden skewers in water, while the oven is heating.



5. (A) Once all of the peppers are stuffed with filling, carefully dip 1 pepper at a time into the egg wash, till coated. Allow excess egg to drip off of the pepper, then place it into the breading. Lightly coat each pepper, then set onto the foil-lined pan. Spray the peppers with cooking spray. (B) Insert a soaked toothpick or a shortened length of wooden skewer through each pepper, near where you sliced them. This will help keep them closed while baking. (C) Bake at 450 degrees for 14 minutes, then carefully flip the peppers and (D) bake for another 5-6 minutes. Done.
6. Serve the peppers over some of the enchilada sauce. Don't pour the sauce over the peppers, or the breading will get soggy. Garnish with fresh chopped cilantro. If desired, you can also sprinkle 1/2 tsp finely crumbled reduced fat feta cheese (pictured) over each chile relleno. It's just for looks, the flavor is inside the chile.

NOTES & SUGGESTIONS:

- **CHEESE:** Yes... I'm using part skim mozzarella in my filling for a Mexican dish. We're trying to lose weight here, so adopt a 'Mexican' attitude, not a 'Mexican't. /drum roll. Also... regular Mexican dishes use "Queso Fresco" cheese for garnish. It's awesome, but high in points, fat & calories. I'm using reduced fat feta, because c'mon... it's just garnish. It looks the same on the dish and adds a salty pop.
- **ENCHILADA SAUCE:** You don't have to use my enchilada sauce recipe. Use any sauce that you want, but adjust your points. However... if you want to go the low calorie, low fat, low point route... I have recipes in Cookbook 1 for a quick Mole' sauce, as well as a 0 point roasted tomatillo sauce. Both are really good.
- **BREADING:** Don't forget... if you're on the Green plan, use egg whites instead of whole eggs, for the egg wash.

