



Chorizo Stuffed Poblanos

with Pico de Gallo, Cilantro-Lime Crema and crumbled Feta

These are my awesome take on the unhealthy Mexican classic, Chile Rellenos. Traditionally made by stuffing a Poblano pepper with tons of cheese, then breading and deep frying it. The normal dish is usually swimming in oil by the time it gets to your table and you feel like you swallowed a brick after you've eaten it. MY version is delicious, filling, but leaves you feeling like you just ate a "light" dish, rather than a culinary fiesta. Does it take a little time to prep? Yes. Is it worth it? Hell yes it is. Viva el Low Point Chorizo.

Ingredients:

- 4 large Poblano Peppers, seeds removed

Filling:

- 1 pound batch of my Low Point Chorizo, pg 21 of the Cookbook
- 1 medium onion, diced
- 1/2 tsp cumin
- 1/2 tsp ground coriander (optional, ties in with the cilantro)
- 1/2 cup chicken or beef broth
- 1/2 cup fresh cilantro, chopped, loosely packed
- 1/2 cup fat free shredded mozzarella, Kraft (found at walmart)
- 1/2 cup fat free plain Greek yogurt

Easy Lime Crema:

- 1/2 cup fat free plain Greek yogurt
- 1/4 cup unsweetened plain almond milk
- 1/4 tsp cumin
- 1 Tbsp lime juice
- 1/4 tsp salt
- 1/4 tsp pepper

Pico De Gallo:

- 1 large tomato, diced
- 1 medium onion, diced
- 1/2 cup fresh cilantro, chopped
- 1 medium clove garlic, crushed and minced
- 1 Tbsp lime juice

Topping:

- additional fresh chopped cilantro, for garnish
- 2 Tbsp fat free Feta cheese crumbles

Servings Info.:

Yield: 4 large peppers

Servings: 4

Serving Size: 1 pepper

Point Values:

1 serving = 1 point

2 servings = 2 points

3 servings = 2 points

4 servings = 3 points

Directions:

Pico De Gallo

- 1 Combine all of the Pico De Gallo ingredients in a bowl, mix to combine. Season with salt and pepper to taste. Cover and set aside in the fridge.

Easy Lime Crema

- 2 Combine all of the Lime Crema ingredients in a bowl, mix to combine. Cover and set aside in the fridge. You can also pour into a squeeze bottle if you want to get all fancy-nancy.

Chorizo Filling

- 3 In advance, mix together the ingredients to make the batch of chorizo, from page 17. Set the raw meat aside.
- 4 Using cooking spray, cook the onions in pan, over medium heat, for 8 minutes or until softened.
- 5 Add the ground cumin, coriander and beef broth. Cover the pan, reduce heat to medium-low and simmer for 8 minutes. Remove from heat, set aside.
- 6 In the same pan, cook the chorizo, breaking apart with a wooden spoon. Once cooked through, set aside.
- 7 In a mixing bowl, use your hands to mix together the fat free mozzarella with the plain Greek yogurt.
- 8 In a large mixing bowl, mix together the cooked chorizo, onions, cheese/yogurt mixture and the chopped parsley.

Stuffed Poblanos

- 9 Slice along the length of the pepper, almost the entire length. Use a spoon to scrape out the seeds and white membrane, set the peppers aside.
- 10 Use a measuring scoop and fill each poblano pepper with 1 cup of filling.
- 11 Preheat oven to 425 degrees. Line a sheet pan with foil.
- 12 Spray each pepper with low point cooking spray, then bake for 25-35 minutes or until the top of each pepper has a good amount of char. Done.
- 13 Plate each pepper by drizzling the top with crema, followed by pico de gallo, additional cilantro and 1/2 Tablespoon of crumbled feta cheese.