

Roasted-Vegetable Chiles Rellenos

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 8 Serving Size: 1

Ingredients	Quantity	Measure
Sauce		
Roma Tomatoes	2	lbs.
Onions, peeled and quartered	1.5	lbs.
Garlic Cloves, unpeeled	½	cup
Vegetable Oil	2	tbsp.
Chipotle Chilies in Adobe Sauce, drained	8	oz.
Water	2	cups
Oregano	1	tsp.
Bay Leaves	2	each
Salt	1	tsp.
Pepper	1	tsp.
Poblano Chilies	8	each
Filling		
Corn, fresh or frozen	2	cups
Zucchini	2	cups
Bread Crumbs, dried	1 ½	cup
Green Onions, thinly sliced	½	cup
Fresh Cilantro, minced	4	tbsp.
Garnish		
Fresh Cilantro, leaves	2	tbsp.
Fresh Chives, chopped	2	tbsp.

Preparation

1. Remove stems, leaving chilies whole.
2. Place tomatoes, onions and garlic on an oiled pan. Bake at 500 degree for 20-30 minutes (garlic should be lightly browned).
3. Let cool. Peel tomatoes and garlic. Remove core from tomatoes. Place tomatoes, garlic, onions and chipotle chilies in food processor. Process until smooth.
4. Strain into a large pot and discard solids.
5. Add water, oregano and bay leaf to pan, bring to a boil. Reduce heat, simmer uncovered for 40 minutes or until reduced to 4 cups. Remove bay leaf. Add salt and pepper. Set aside and keep warm.
6. Combine corn, zucchini, breadcrumbs, green onions, minced cilantro.
7. Stuff ¾ cup of this mixture into the Poblano Chilies.
8. Place stuffed chilies on foil lined jellyroll pan. Bake at 500 degree for about 20 minutes or until chilies are blackened, turning after 10 minutes.
9. Peel and spoon 2 tbsp. tomato sauce over each.



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Continued

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Serving Suggestion

Garnish with fresh cilantro leaves and chopped chives.

Nutrition Information *From USDA Nutrient Database

Calories: 220 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 39g Protein: 7g Sodium: 454mg Vitamin A: 54µg
Vitamin C: 115mg Calcium: 89mg Iron: 2mg Folate: 87µg

