

Poblano Peppers Stuffed with Chicken

Altered slightly from an online recipe



Olive oil spray

4 whole poblano peppers, select evenly sized, larger rather than smaller

1 tablespoon EVOO

3/4 cup fresh tomatoes, diced

1/2 whole yellow onion, diced

1 tablespoon garlic, minced

1 tablespoon kosher salt

1 teaspoon Mexican oregano, dried, crushed in your palms, or use marjoram if you don't have Mexican oregano

1 teaspoon ground cumin

2 cups cooked chicken, diced or shredded, rotisserie is fine as long as it doesn't have different flavors on it

1 cup Mozzarella cheese, grated

1/2 cup fresh cilantro, chopped, including the stems (mince those up very finely)

1 cup Mexican blend cheese, grated

3 tablespoons cilantro, chopped, for garnish

Per Serving (excluding unknown items): 576

Calories; 31g Fat (49.0% calories from fat);

59g Protein; 14g Carbohydrate; 5g Dietary

Fiber; 174mg Cholesterol; 2293mg Sodium;

2g Total Sugars; trace Vitamin D; 531mg

Calcium; 4mg Iron; 939mg Potassium;

658mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Preheat oven to 400° F. For easy clean-up, line a large broiler-safe baking sheet or ceramic dish with foil and spray it with EVOO.

2. POBLANOS: cut off stems, remove ribs and seeds (discard). If there is sufficient pepper around the stem, discard the stem itself, then mince the remaining pepper into tiny pieces and add it to the filling mixture below. Cut a slit down the side of each pepper and open it slightly (without breaking the curve of the pepper) and remove any remaining seeds or membrane. Set aside.

3. FILLING: Heat EVOO in a large, deep skillet over medium-high heat. Add the tomatoes, onion, garlic, salt, Mexican oregano (or marjoram), and cumin. Cook, stirring often, until liquids have evaporated, 5-7 minutes. Off heat, stir in the chicken, mozzarella and the cilantro, mixing well.

4. Divide the filling among the peppers, using a spoon to get the filling in the pepper, filling all the inside curves, pressing down and out to fill the pepper completely. Use your hands as needed to keep the filling from falling out.

5. Place the peppers on the prepared baking sheet or dish, slit side up. Lightly spray them with olive oil. Bake until the poblanos are soft and charred in places, about 30 minutes.

6. Remove peppers from the oven. Change oven from bake to BROIL. Top the peppers with the Mexican cheese blend, molding it carefully over the filling.

7. Return peppers to the oven and broil the peppers 6 inches below the broiler element just until the cheese is melted, 1-2 minutes. WATCH CAREFULLY so it doesn't burn. Remove from oven and let them rest for 5 minutes before serving. Do wait a few minutes to serve so you don't burn your mouth!