

Roasted Poblano Chile with Turkey, Corn and Mushrooms

Carolyn T's
Main Cookbook
Servings: 4

Author: A Carolyn original



- 4 large Poblano chile
- 1 medium yellow onion, minced
- 1 clove garlic, minced
- 10 ounces ground turkey, or leftover turkey cubes
- 4 ounces mushrooms, cleaned, diced
- 1 1/2 cups corn
- 1/2 small jalapeno chile pepper, seeded, minced
- 1/2 teaspoon chicken bouillon granules
- 3 tablespoons Feta cheese, crumbled
- 1/4 cup heavy cream, or fat-free half and half
- 3 tablespoons egg substitute, liquid
- Salt and pepper to taste
- 1 cup grated cheddar cheese
- 1 cup grated Jack cheese
- 3 tablespoons cilantro, minced
- 4 tablespoons salsa, optional
- 4 tablespoons sour cream, optional
- 1/2 cup guacamole, optional

Serving Ideas: Serve with hot flour tortillas on the side, if you wish. This goes well with a green salad too.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 582 Calories; 40g Fat (60.7% calories from fat); 34g Protein; 25g Carbohydrate; 4g Dietary Fiber; 149mg Cholesterol; 699mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.

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Notes: This would make a great way to use some leftover turkey (instead of the ground turkey I used).

Description: A different take on the Southwestern style stuffed chile.

1. Turn on oven to broil and allow to heat completely while you prepare the chiles. Rinse and dry the chiles and place on a foil-lined cookie sheet. When oven is hot, broil chiles for a few minutes per side (watch carefully - if you overdo it the flesh of the chiles will turn to mush or dry up), until all sides are black and crackly. Remove pan and reduce oven temperature to 350. Place chiles in a heatproof bowl and cover with foil. Allow to sit for about 15 minutes until they're cool enough to handle, remove foil and let it sit another 5 minutes.
2. Meanwhile, heat a large skillet and add a thin film of olive oil. Saute the onion for 5-8 minutes, until onion is limp but not browned. Add garlic and continue cooking for just one minute. Then add the mushrooms and ground turkey. Stir occasionally as the mixture cooks and weeps moisture, about 10 minutes. Add the corn and jalapeno chile, and cook for just a minute or two. Turn off heat and add Feta cheese and chicken bouillon granules. Stir in heavy cream and egg substitute. Allow to cool while you finish the peppers. Season with salt and pepper to taste.
3. Remove the charred skin from the peppers. Handle them very carefully - you don't want the pepper to open up yet as you're removing the skin. Gently open up a slit in the chile, kind of open it like a book, leaving the stem intact. Gently scoop out the seeds as best you can without tearing the chiles.
4. On the same pan you used to char the peppers, place one of the opened chiles. Using a large spoon scoop the meat mixture down the center of each chile. Try to let the chile become a limp bowl, if you will. Mound the mixture up and gently lift the sides so they stick to the filling.
5. Cover filling with the combination of grated cheeses, pressing lightly so the cheese will stick. Bake for 20 minutes or until hot and bubbly. Remove and serve immediately with garnishes of your choice.