

Roasted-Vegetable Chiles Rellenos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 1

Ingredients	Quantity	Measure
Chipotle Tomato Sauce		
Poblano chiles	8	each
Roma tomatoes	2	pounds
Onions, peeled and quartered	1 ½	pounds
Garlic cloves, unpeeled	½	cup
Vegetable oil	2	tablespoons
Chipotle chiles in adobe sauce, drained	8	ounces
Water	2	cups
Oregano	1	teaspoon
Bay leaves	2	each
Salt	1	teaspoon
Pepper	1	teaspoon
Filling		
Corn, fresh or frozen	2	cups
Zucchini	2	cups
Breadcrumbs, dried	1 ½	cup
Green onions, thinly sliced	½	cup
Fresh cilantro, minced	4	tablespoons
Garnish		
Fresh cilantro, leaves	2	tablespoons
Fresh chives, chopped	2	tablespoons



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Continued

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Preparation

1. Make the Chipotle Tomato Sauce as follows:
 - a. Remove stems, leaving chilies whole.
 - b. Place tomatoes, onions and garlic on an oiled pan. Bake at 500 degrees Fahrenheit for 20-30 minutes (garlic should be lightly browned).
 - c. Let cool. Peel tomatoes and garlic. Remove core from tomatoes. Place tomatoes, garlic, onions and chipotle chilies in food processor. Process until smooth.
 - d. Strain into a large pot and discard solids.
 - e. 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.
2. Combine corn, zucchini, breadcrumbs, green onions, minced cilantro and 1 cup of Chipotle Tomato Sauce.
3. Stuff $\frac{3}{4}$ cup of this mixture into each of the poblano chiles.
4. Place stuffed chiles on foil lined jellyroll pan. Bake at 500 degrees Fahrenheit for about 20 minutes or until chilies are blackened, turning after 10 minutes.
5. Spoon 2 tablespoons of Chipotle Tomato Sauce over each.

Serving Suggestion

Garnish with fresh cilantro leaves and chopped chives.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 363 Total Fat: 8g Saturated Fat: 1g Trans Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 2.5g Carbohydrate: 63g Fiber: 8.4g Total Sugars: 9.6g Protein: 11g Sodium: 917mg Vitamin A: 26mg Vitamin C: 55mg Calcium: 86mg Iron: 4.7mg Folate: 60mcg