



GBS HEALTH & WELLNESS

Chiles Rellenos

Adapted from [Delish](#)



Photo Credit: [Delish](#)

About this Recipe

November brings about many holidays' worth celebrating. One of Mexican significance is Day of the Dead, or Dia de los Muertos. This holiday is celebrated with parades, dances and of course food. What better way to celebrate your ancestors than with a traditional meal of Chiles Rellenos!

Poblano peppers are high in vitamin C which can help you keep you healthy through the winter months.

INGREDIENTS

- > 6 large poblano peppers
- > 2 Tbsp extra virgin olive oil
- > 1 small onion, chopped
- > 3 cloves garlic, minced
- > 1 c. corn kernels
- > 1 c. cooked white rice (substitute brown for a healthier alternative!)
- > 1 c. drained black beans
- > 2 ½ c. shredded Mexican cheese
- > ½ Salsa
- > Sour cream, for serving
- > Cilantro, for serving

DIRECTIONS

1. Preheat oven to broil and place rack in the top third.
2. Arrange poblano peppers on a baking sheet and broil until the skin is black, about 10-12 minutes. Remove from oven and set aside.
3. Change oven heat to 375 and while the oven is heating heat oil over medium high in a large skillet.
4. Add onion and cook until light golden, about 4 minutes.
5. Add garlic and cook until fragrant, about 30 seconds.
6. Add corn, rice and black beans and cook until heated through, about 4 more minutes. Remove from heat. Set aside.
7. Peel poblano peppers and open them up with a slit down the middle. Remove seeds and core.
8. Stir cheese into rice mixture that was set aside earlier and mix well. Fill peppers with mixture. Close peppers back up.
9. Cover in cheese and bake until cheese is melted, about 10 minutes.
10. Switch to broil and broil until golden, about 2 minutes (optional, but recommended).
11. Remove from heat. Serve with sour cream and cilantro.

