

# CHILES RELLENOS



## 50 STATES 50 PLATES

*featuring*

★ **FRANKLIN BECKER** ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

### For the peppers:

- ★ 2 Poblano peppers, washed, about 3.5 ounces each
- ★ 1/3 cup plus 1 teaspoon grated Cotija cheese, divided
- ★ 1/2 cup cooked black beans

### For the ground chicken filling option:

- ★ 1 tablespoon avocado oil
- ★ 2 1/2 ounces ground chicken, 1/2 cup
- ★ Freshly cracked black pepper

### For the batter:

- ★ 2 tablespoons oat flour
- ★ 1 large egg, separated
- ★ 1/4 teaspoon baking powder
- ★ Pinch salt
- ★ 2 tablespoons avocado oil

### For the Sauce:

- ★ 2 ripe vine tomatoes, 12 ounces, cut into chunks
- ★ 1/2 small yellow onion, 2 ounces, cut into chunks
- ★ 1 clove garlic, peeled
- ★ 1/4 teaspoon Mexican oregano
- ★ 1/4 teaspoon ground cumin
- ★ 1 tablespoon avocado oil
- ★ 1 whole clove

### For the black beans: (~1 1/2 cups)

- ★ 1 pound dry black beans, sorted and rinsed
- ★ 1 tablespoon avocado oil
- ★ 1 small yellow onion, diced small
- ★ 2 cloves garlic, peeled and finely chopped
- ★ 1 teaspoon Mexican oregano
- ★ 1 1/2 teaspoons ground cumin
- ★ 1 dried bay leaf
- ★ 1 teaspoon kosher salt



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### DIRECTIONS

For the black beans, in a large pot or dutch oven, cover the beans with 2 inches of water and let soak overnight. Drain the beans and transfer to a large bowl. Set the pot over medium heat and add oil. Once shimmering, add onion and garlic, and cook until onions are translucent, about 4 minutes. Add cumin, oregano, and bay leaf and cook until fragrant, 1 minute. Return beans to the pot and add enough water to cover the beans by one inch. Bring to a rapid simmer, reduce heat, and cook until beans are tender, 1½ to 2 hours. Add salt and cook 5 minutes longer.

Meanwhile, over a gas flame or under the broiler on a foil-lined baking sheet, roast the peppers, turning occasionally, until blistered all over, 10 to 12 minutes. Transfer peppers to a bowl and tightly cover with plastic wrap. Let sit until peppers are cool enough to handle and skins can be easily removed, about 15 minutes. Using a paper towel, gently wipe to remove skin from peppers. Slice each pepper open lengthwise, creating a pouch. Carefully remove and discard seeds.

Ground Chicken Option: Add 1 tablespoon avocado oil to a medium, non-stick saute skillet over medium heat. Cook the ground chicken, breaking it up as it cooks, until opaque and fully cooked through, about 8 minutes.

In a bowl combine the ½ cup black beans (or ground chicken) with ⅓ cup cheese, toss to combine. Reserve remaining beans for other meals. Reserve remaining teaspoon cheese for serving. Divide cheese and beans (or chicken) among the peppers and fold one edge of pepper over the other. Gently squeeze the pepper in the palm of your hand to seal the filling and peppers together to keep closed.

Make the sauce. In a blender, combine tomato, onion, garlic, oregano, cumin, and salt. Blend until smooth. In a skillet over medium, heat oil until it shimmers. Add tomato mixture using caution as it will splutter.

Add clove and cook, stirring occasionally until slightly thickened, about 4 minutes. Transfer to a bowl to keep warm. You should have about 1 cup of sauce. Your sauce should be super smooth.

Place flour in a shallow dish. In a bowl, beat egg white with a whisk until stiff peaks form. In a separate large bowl or wide shallow dish, combine egg yolk, baking powder, and salt. Gently fold egg whites into yolk mixture. Heat 2 tablespoons of oil in a medium skillet over medium. Coat peppers in flour, pressing lightly if needed to help it adhere. Coat each pepper in batter turning gently to completely coat. Place peppers seam side down in the pan and cook until batter is golden and crisp, about 90 seconds. Turn peppers and continue cooking until golden brown and crisp all around, about 4 minutes total. Transfer to a paper towel-lined plate to briefly drain.

Divide tomato sauce among two plates and place a pepper on top. Serve immediately.

**NOTES:** Avocado oil is used because it has a higher smoke point than olive oil for pan frying. Then used throughout the recipe for continuity.

If you don't want to include a whole recipe for black beans, you can just use cooked black beans in the filling ingredients.

### Serving Size and Nutritional Information:

**Serves 2** (Serving Size 1 Pepper with Bean Filling = 476 g)

**540** Calories Per Serving, **31 g** Total Fat,

**47 g** Total Carbohydrates, **22 g** Protein

**Serves 2** (Serving Size 1 Pepper with Ground Chicken Filling = 440 g)

**490** Calories Per Serving, **33 g** Total Fat,

**28 g** Total Carbohydrates, **25 g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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