

Healthy Stuffed Chiles



Prep: 30-60 min.

Cook: 10 min.

Portions: 8-10

INGREDIENTS

- 9 poblano chilies
- 1 plastic bag
- 1 lb. Oaxacan cheese
- 5 egg whites
- 1 pinch of salt
- 1 tbsp. oil

- 3 large, ripe tomatoes
- 1 clove garlic
- 1/4 white onion
- 1 medium manzano chili
- 2 cups water
- Broth to taste
- 2 bunches of cilantro



INSTRUCTIONS

1. Roast the chilies in a skillet or griddle.
2. Once roasted, seal in a plastic bag for 10 minutes. Once soft, peel the chilies, cut off the top and remove the seeds. Make sure to keep the chile intact.
3. Fill the chilies with all of the Oaxacan cheese, being careful not to split the chilies.
4. Separate the egg whites from the yolks and save the yolks in a separate bowl. Then, beat the egg whites until stiff and add a pinch of salt. Once the egg whites are stiff, mix in the egg yolks.
5. Heat a skillet on medium and add 1 tbsp. oil. Once the oil is hot, pour a tablespoon of the egg mixture into the skillet.
6. Place one chile in the skillet at a time and cover with another tablespoon of the egg mixture. Wait for the egg to cook well and flip the chili with a spatula to cook both sides.
7. Repeat with the remaining chilies.
8. For the tomato sauce, blend the tomatoes, onion, garlic and onion with 2 cups of water.
9. Then, heat the mixture in a pot and add salt or chicken broth to taste. Bring to a boil and then simmer for 5 - 10 minutes.
10. To serve, add a scoop of sauce to a plate, then place the chili on top. Enjoy!

CHEF'S NOTES

Top with chopped, fresh cilantro.