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Stuffed Poblanos in Chipotle Sauce

Serves 4

Stuffed with quinoa, black beans, mushrooms, and corn, these peppers make a satisfying vegetarian main course. Poblanos are among the mildest chiles, although they still offer a nice zing. Chipotle chiles are smoked, roasted jalapeños, usually sold in cans with a spicy adobo sauce.

4 large poblano chiles

2 teaspoons plus 1 tablespoon neutral-tasting oil, such as canola or safflower

1 tablespoon chopped chipotle chile in adobo

1 garlic clove

Coarse salt and freshly ground pepper

1/2 cup packed cilantro leaves, coarsely chopped, plus more for garnish

1/2 cup quinoa

8 ounces small mushrooms, such as white button or cremini, trimmed, cleaned, and quartered

1 cup fresh or frozen corn kernels

1 can (15 ounces) black beans, drained and rinsed

4 ounces crumbled fresh goat cheese (1 cup)

1. Preheat oven to 475°. On a parchment-lined baking sheet, rub poblanos with 2 teaspoons oil. Roast until slightly blackened and softened, 15 to 20 minutes, turning once. Remove from oven. When cool enough to handle, remove skins with paper towels. Use a pairing knife to make a small slit in each chile, then carefully remove seeds (and discard), keeping stem end intact.
2. In a blender, combine chipotle, garlic, 1 teaspoon salt, and 3/4 cup water; season with pepper. Blend until smooth. Add cilantro, and pulse once to combine.
3. In a small saucepan, bring 2/3 cup water to a boil. Add quinoa; return to a boil. Stir once, cover, and reduce heat to a simmer. Cook until quinoa is tender but still chewy and has absorbed all liquid, about 15 minutes. Fluff with a fork.
4. Meanwhile, in a large skillet, heat the remaining 1 tablespoon oil over medium-high. Add mushrooms and 1/2 teaspoon salt, season with pepper. Cook, stirring occasionally, until mushrooms are tender, about 5 minutes. Add corn and beans, and cook, stirring, until heated through, about 2 minutes. Stir in 1/2 cup cheese and the quinoa.

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5. Spread chipotle mixture evenly in a 9-by-13-inch baking dish. Stuff peppers with filling, dividing evenly, and arrange in dish, dot with remaining 1/2 cup cheese. Bake until golden, 15 to 20 minutes. Remove from oven, and let cool in pan 10 minutes before serving.

Per Serving: 324 calories, 3.2 g saturated fat; 4.6 g unsaturated fat; 12.6 mg cholesterol; 49.5 g carbohydrates; 14.4 g protein; 910 mg sodium; 9.4 g fiber