

Chicken Chile Rellenos

Recipe courtesy of *Diane Henderiks*

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Ingredients:

1 lb. boneless and skinless chicken breast
1 tbsp rice wine vinegar
1/4 cup chicken broth
1 t olive oil
1/4 cup fresh cilantro; finely chopped
1 small chipotle pepper – in Adobo sauce
1 tsp olive oil
1 medium onion
1/4 tsp ground cumin
4 medium Anaheim or Poblano Peppers

1/4 cup reduced fat Cabot cheddar cheese, shredded
1/4 cup reduced fat Monterey Jack cheese, shredded
1/2 cup fresh cilantro; finely chopped
3 egg whites
1/4 tsp garlic powder
1 cup cornmeal
1 cup whole grain crackers
¼ tsp ground red pepper
1 ¼ tsp ground cumin
1 tsp salt

Directions:

1. Preheat oven to 350
2. In a small bowl, whisk together broth, vinegar, olive oil and 1/4 C cilantro.
3. Place chicken breast in even layer in medium baking dish. Pour broth mixture over chicken, cover and bake for about 25 minutes until fully cooked. Remove chicken from dish and place in fridge to cool.
4. Remove chipotle from Adobo sauce and mince finely. (gloves are recommended when handling any hot peppers)

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Directions:

5. Combine the cornmeal, crackers, pepper, cumin and salt in food processor and process to small crumbs.
6. Preheat oven to 400
7. Gently roll peppers in egg, then coat with crumbs and place on greased baking sheet.
8. Bake for about 15 – 20 minutes. Serve warm with 1T Relleno sauce.
9. Enjoy!

Chili Relleno Sauce

Ingredients

1T Olive oil
1 small onion; diced
1 t minced garlic
1/4t ground cumin
1/4 C fresh cilantro
2 C diced tomatoes
1 C chicken broth
Salt to taste

Directions:

1. In medium saucepan, saute onion, garlic & cumin in olive oil until tender.
2. Add tomatoes and broth, simmer for about 10 minutes
3. Let cool and puree in blender or food processor.
4. Return to pan, season to taste with salt and reduce by about 1/4.
5. Serve warm over Chicken Chile Rellenos.
6. Enjoy!