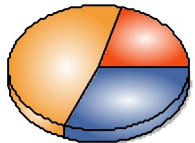




## Chiles Relleno with Goat Cheese and Corn

Recipe grams: 1023.66g/36.1oz

Serves 2 511.83g/18.1oz per serving



Protein: 15%  
Carbohydrates: 49%  
Fat: 36%

### INGREDIENTS

6 chile GREEN CHILES, WHOLE  
2 oz GOAT CHEESE, SEMISOFT  
1 cup CORN, YELLOW, FROZEN, sweet, frozen, unprep  
1/4 cup CHIVES, RAW, chopped  
1 tsp CANOLA OIL (RAPESEED OIL), low erucic acid  
1 tbsp CHILI POWDER  
1 tbsp WHEAT FLOUR, WHITE, BREAD, enriched  
1 tsp OREGANO, DRIED, LEAVES  
2 cup WATER, MUNICIPAL  
3 oz TOMATO PASTE, CANNED, NO SALT, 1 can  
1 dash SALT, TABLE

### DIRECTIONS

Cut chiles halfwise along 1 side such that they can be opened. Remove seeds and place on a pan and broil until skins are charred and blistered. Place in a paper bag and allow to steam for 10-15 minutes.

Meanwhile, mix goat cheese, corn and chives together with desired salt.

Preheat oven to 300° F. Remove chiles and slip off the skins. Fill with 2-3 Tbsp. cheese filling and close so that they appear whole. Place seam side up in a large baking dish. Bake for 15-20 minutes or until heated through. Serve with red chile sauce.

### Red Chile Sauce

In medium saucepan, heat oil over medium heat. Add garlic and sauté until fragrant. Add chile powder, flour and oregano cooking for about 1 minute. Add water and tomato paste, bring to a boil, stirring. Reduce heat and cook until thickened. Season and serve.

### Nutrition Facts

Serving Size: 1 serving (511.8g)

Servings: 1

#### Amount Per Serving

Calories 290 Calories from Fat 110

% Daily Value\*

**Total Fat** 12g **20%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Cholesterol** 20mg **8%**

**Sodium** 1000mg **40%**

**Total Carbohydrate** 38g **15%**

Dietary Fiber 6g **25%**

Sugars 8g

**Protein** 12g

Vitamin A 60%

Vitamin C 80%

Calcium 15%

Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.