
Chili Relleno Burrito

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Start to Finish Time: 45 minutes

nonstick aluminum foil
4 large poblano chili peppers
plastic wrap
1 cup cooked Vigo cilantro lime rice
2 plum tomatoes
1 small white onion
1/4 cup cilantro
2 tablespoons extra-virgin olive oil
1 block (8 ounce) Monterey Jack cheese
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 cup flour, divided
2 large eggs
1 cup grapeseed oil
1 cup canned refried black beans
4 large flour tortillas

Preheat the oven broiler to high. Place the oven rack at the top of the oven. Arrange the poblanos on a foil-lined baking sheet. Broil the chilies in the oven, turning occasionally, until the skin is completely blistered. Transfer the chilies to a large bowl and cover the bowl with plastic wrap. Set aside to cool.

Preheat the oven to 300 degrees. Cook the rice per package directions. Dice the tomatoes and onions (one cup). Chop the cilantro (1/4 cup). Preheat a 3- to 4-quart saucepan over medium-high for 3 to 4 minutes. Add the extra-virgin olive oil, onions and tomatoes. Cook for 6 to 7 minutes, stirring occasionally, then reduce the heat to low. Shred the cheese and add to the tomato mixture. Stir until the cheese is melted. Remove the pot from the heat and stir in the cilantro, cumin and coriander until just blended. Cool to room temperature.

Peel the blackened-blistered skin from the chilies. Cut a slit in each pepper and carefully remove the seeds (keep the stem intact). Stuff each pepper evenly with the cooled cheese mixture.

Place 1/4 cup of flour in a shallow dish. Separate the egg yolks from the whites. In a large bowl, whisk the egg whites to soft peaks. Beat the egg yolks and gently fold into the egg whites with the remaining 1/4 cup of flour. Preheat the grapeseed oil in a 3- to 4-quart saucepan to 325 degrees.

Dredge each stuffed chili in flour (shake off any excess), then dip in the egg batter. Carefully place in the oil and cook for 2 minutes on each side, until golden brown. Drain the fried chili on a paper towel-lined baking sheet. Hold in a warm oven. Repeat the process with all of the stuffed chilies.

Add the refried black beans to a microwave-safe bowl. Microwave on HIGH for 1 to 2 minutes to warm. Microwave the tortillas on HIGH for 30 seconds to make more pliable.

To serve: lay the warmed tortillas on a clean work surface. Top each tortilla with 1/4 cup of black beans, 1/4 cup of rice and one fried chili (gently pull the stem from the peppers and discard). Fold in the ends of the tortilla and roll over the filling to make a burrito.

Serve with Smoky Roasted Jalapeno Sour Cream (see recipe under Condiments/Misc.)

Yield: 4 large entree' portions

Mexican, Sandwiches

Per Serving (excluding unknown items): 4000 Calories; 312g Fat (69.6% calories from fat); 76g Protein; 230g Carbohydrate; 15g Dietary Fiber; 525mg Cholesterol; 2158mg Sodium. Exchanges: 14 Grain(Starch); 5 1/2 Lean Meat; 3 Vegetable; 58 1/2 Fat.