

# Rajas Poblanas

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## Servings: 4

*5 poblano peppers*  
*1 package (8 ounce) cream cheese, softened*  
*1/2 cup crema fresca (Mexican crema) or sour cream*  
*1 tablespoon chicken bouillon granules*  
*1 tablespoon vegetable oil*  
*1 onion, cut in 3/4 inch-thick slices*  
*1 cup corn kernels*

## Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Halve the poblanos. Remove the seeds and ribs. Arrange the poblanos, cut sides down, on a foil-lined baking sheet. Roast until the skins are charred, about 20 minutes. Transfer to a zip-top plastic or paper bag. Seal and allow the poblanos to sweat for 5 minutes. Transfer the poblanos to a cutting board and let stand until cool enough to handle. Peel and discard the skins. Slice the poblanos into one-inch-wide strips.

Meanwhile, add the cream cheese, crema and chicken bouillon to a blender. Blend until smooth.

Heat oil in a saucepan over medium-high heat. Add the onion. Cook until tender, stirring occasionally, about 5 minutes. Stir in the poblano strips, crema mixture and corn. Simmer until heated through, about 5 minutes.

Per Serving (excluding unknown items): 280 Calories; 24g Fat (74.8% calories from fat); 6g Protein; 12g Carbohydrate; 1 Dietary Fiber; 64mg Cholesterol; 453mg Sodium. Exchanges: Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.