

Chiles Rellenos



Makes 6 | 2.55 grams protein per Chile Relleno

Ingredients:

- 6 Poblano peppers
- 1 cup Mixquick (you may be able to sub eggz or CFL Baking mix)
- 1 cup Dairy-free heavy cream
- 1 box Ener_G Foods bread crumbs
- 2 containers cheese wizard (Primal kitchen plant-based cheese dip may work also.)
- 20 oz salsa
- 1 can diced chilies
- Cooking oil, enough to submerge the chiles rellenos

Optional:

Taste connections bacon bits to taste (crumbled hooray bacon can be subbed)

Directions:

1. Grill the poblano peppers 5 minutes on each side till they are blackened, use tongs to flip. Transfer to a zip lock bag to sweat.
2. Once cooled down for a few minutes, peel the outer layer of skin off.
3. Mix together MixQuick and heavy cream until you get a pancake consistency. This can be done while the peppers are roasting.
4. In a small sauce pot mix together cheese wizard, salsa, diced chilis, and bacon bits if using.
5. The peppers normally will have a hole in them; use a small spoon (the smaller the better) to stuff the cheese sauce into the peppers, being careful not to tear them any further.
6. Close the openings with toothpicks as much as possible, and coat with MixQuick mixture and bread crumbs
7. Pour oil into a frying pan & wait for it to boil. put the Chiles Rellenos into the frying pan & cook for about 5 minutes on each side until they reach a golden-brown color.