



From the Kitchen of Executive Chef Jessica VanRoo

Quinoa-Stuffed Chili Relleno with Creamy Avocado Sauce

Serves 4

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Quinoa is a superfood. It has all nine essential amino acids, and it's an excellent whole-grain source of fiber. Fiber helps lower LDL cholesterol (the "bad" type) and systolic blood pressure, reducing the overall risk of heart disease.

Avocados are loaded with heart-healthy monounsaturated fats. They're also rich in potassium, a mineral that is essential for healthy blood vessels.

Total cost of recipe: \$16.35/\$4.08 per serving

Ingredients - Filling

- 15-ounce can of black beans, rinsed
- 3 cups of prepared quinoa (1 cup raw)
- 1 ½ cups frozen corn, thawed
- 1 ½ cups canned diced tomatoes
- 1 teaspoon ground cumin
- 1 ½ teaspoons dried Mexican oregano
- Pinch of cayenne pepper
- Salt and pepper to taste

Chili Relleno

- 4 poblano or bell peppers, halved, deseeded and deveined
- 1 ½ cups shredded skim mozzarella cheese
- Cilantro and lime to garnish



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Creamy Avocado Sauce

- 2 small ripe avocados
- 1 lime, juiced and zested
- 1 tablespoon red wine vinegar
- 2/3 cup packed fresh cilantro
- 3 cloves garlic
- 1 teaspoon cumin
- 1 tablespoon extra virgin olive oil
- ¼ cup water, or more as needed to thin out
- Salt to taste

Instructions

1. Preheat the oven to 400 degrees.
2. Prepare an oven-safe baking dish by lining it with parchment paper or foil.
3. Combine the filling ingredients. Taste and season.
4. Fill peppers evenly with the filling and lay on the baking dish. Sprinkle with cheese, cover with foil and place in oven.
5. Bake for 20-30 minutes, or until filling is heated through.
6. Turn on your broiler and remove foil from the dish. Broil until cheese melts, about 1-2 minutes.
7. Combine all ingredients for the avocado sauce in a blender or food processor. Mix well and add more water as needed. Season to taste with salt.
8. Drizzle sauce over the chilis and serve.