



Chili Casserole

adapted from Charred Chili Rellenos by Rachael Ray – serves 4

- 4 Poblano or Cubanelle peppers
- 1 small onion
- 1 garlic clove
- 1 tablespoon oil
- ½ teaspoon cumin
- 1 teaspoon oregano
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes, drained
- ¾ cup frozen corn kernels
- 1 cup grated cheese

1. Spray 9x13 baking pan with cooking spray. Preheat oven to 350 degrees.
2. Roast peppers under broiler, turning occasionally, till blackened all over. Put in a heatproof bowl and cover, let sit till cool enough to handle. Peel off skin and remove seeds. Lay flat in baking dish.
3. Saute onion and garlic in oil. Add beans, tomatoes and corn. Simmer a few minutes. Spread over peppers. Top with cheese.
4. Bake about 15 minutes till cheese is melted and lightly browned.

Nutrition facts:

Calories: 328	Total Fat: 14g	Saturated Fat: 6g	Sodium: 816 mg
Carbohydrate: 41g	Dietary Fiber: 9g	Protein: 17g	