

Chiles Rellenos (Stuffed Green Chiles)

Green Chile Season is still upon us! To continue our recipes dedicated to these spicy New Mexican treats, I've created a stuffed green chile recipe just for you! Remember, although we love to use Hatch Green Chiles, this recipe will work with any of your favorite peppers! And scroll to the end for a Bonus Recipe for Chile Cheese Fritters

CHILES RELLENOS (STUFFED GREEN CHILES)

INGREDIENTS

8 large green chiles, roasted, peeled, and seeded with stems left on
3/4 cup dry chickpea flour for coating the Rellenos before dipping in the batter

Neutral tasting oil such as avocado for cooking

BATTER

1 ½ cup chickpea flour
1 egg
1 ½ cup sparkling water or beer
1 teaspoon salt

STUFFING

1 tablespoon extra virgin olive oil
1 pound ground beef, turkey, or shredded chicken
1 large onion
1 large clove garlic
6 ounces cheese, Monterey jack or cheddar
1/2 teaspoon salt

Recipe from the Chef Dawn Ludwig Blog
at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn
see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently

PREPARATION

Tip for working with Roasted chiles: Please use thin rubber gloves or touch the chiles as little as possible and wash your hands often. Chili oil will create a burning sensation on your hands. I use a fork and spatula to peel off the charred skin. To do this, place a roasted chili on a flat surface. Hold the stem with a fork and scrape the charred skin with the flat head of a spatula. Turn the chili over and repeat. The skin should tug off easily.

FOR BATTER:

Beat egg with the sparkling water and salt. Then mix in chickpea flour with whisk or immersion blender.

FOR STUFFING:

Heat olive oil in a skillet and sauté onion and garlic until translucent (about 3 to 5 minutes). Add meat and salt. Sauté until meat is browned and fully cooked. Remove from heat and stir in cheese. Heat 1/2 to 3/4 inch avocado oil or other neutral-tasting oil like hi-oleic safflower oil in a 12-inch cast iron skillet. Stuff each green chili with about 1/2 cup of meat and cheese mixture.

FOR COATING IN BATTER:

To better hold the seal, do your best to close the chili with the stuffing inside then coat in the dry flour and roll it in the wet batter until it is completely coated. The process can be a bit messy as you dip the chilis in the wet batter, but the end result is definitely worth it! Don't worry if some of the stuffing falls out since the batter will ultimately hold it all together.

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COOKING INSTRUCTIONS:

Once the stuffed chili is rolled in dry chickpea flour, then dipped in batter to completely coat it, place it gently in the hot oil. Cook on medium heat until browned on one side, then turn and brown the other side.

SUGGESTED MEAL PLAN:

To serve these as a complete meal, each person should receive about one stuffed chili with a fresh sliced tomato. For dessert, each person should receive about a 1/2 cup of strawberries with 2 tablespoons of full fat Greek yogurt.

Protein: 24%

Carbohydrate: 24%

Fat: 52%

WHAT TO DO WITH YOUR LEFT OVER BATTER?

Once you've made the 8 stuffed chiles, you'll probably have about 1/4 of the wet batter and 1/4 cup of dry chickpea flour left over. I have trouble throwing food away, so I like to use the leftover batter to make something. My favorite way to use the leftover is to make super simple Chili Cheese Fritters, or as I like to call them, "I'm too Busy to make Chili Rellenos – Fritters"! You can even use the beef filling to make this recipe without making the original stuffed chiles.

CHILE CHEESE FRITTERS:

About $\frac{3}{4}$ cup wet batter recipe (or whatever is left over)

$\frac{1}{4}$ cup dry chickpea flour (or whatever is left over)

6 ounces cheese

4 ounces chopped Green Chiles

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Just mix all ingredients together, form into small patties, and drop them in the fry oil, turning them over to brown both sides.

These easy beauties were quite the hit at my house. What about yours? Let us know in the comments!

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