

# FEATURED RECIPE

## Ingredients:

- 3 bell peppers, de-seeded
- 1 cup polenta
- 3/4-1 cup pinto or kidney beans, cooked
- 2 roasted poblano chilis, chopped
- 1/2 med onion, chopped
- 3/4 cup shredded jack cheese
- Salsa or pico de gallo
- salt and pepper, to taste



## Tamale Stuffed Bells

*I had some wonderful poblano chilis that needed to be used so decided to make stuffed bell peppers, Mexican style. This is a vegetarian dish, but meat — chorizo or shredded beef/chicken could be added for the carnivores.*

**Make polenta:** Add 1/3 cup cornmeal and 1-2 tsp chili powder to 1 cup boiling water over medium heat, stirring constantly until thickens.

**Roast poblanos:** Rub with oil and place in oven at 425° F, turning a few times until skin blisters. Remove from oven and place in a small paper bag for a few minutes to steam. This will allow easy removal of skin. Chop.

In small skillet, sauté onions in small amount of oil. Mix in chilis. Set aside.

Place cleaned bell peppers in boiling water in a saucepan and blanch to barely soften. Set aside. This will hasten the baking time.

**Assemble peppers by layering:** Polenta, onion/chili mixture, beans, shredded cheese. Top with polenta and more cheese. Bake at 360°F until thoroughly hot. Serve peppers on top of polenta and salsa.



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