



Healthy Chili Rellanos

Serves 4

4 medium size Anaheim chilies, roasted and deseeded (or similar pepper)
1 cup reduced fat Mexican blend or cheddar-jack cheese
½ cup finely diced mushrooms
2 tomatoes, diced
¼ cup diced onion
¼ cup chopped cilantro
3 egg whites, beaten
1 cup skim milk
1 cup flour
1 cup bread crumbs

1. Blend together in a large bowl the cheese, mushrooms, tomatoes, onions, and cilantro. Toss to combine. Set aside until ready to use.
2. Gently stuff mixture into peppers.
3. Dip stuffed pepper in milk and then dredge in the flour.
4. Dip in beaten egg white and dredge in bread crumbs.
5. Place prepared peppers onto a parchment lined baking sheet and bake in a 400 degree oven for about 30 minutes.
6. Serve with favorite salsa and enjoy!

Nutritional Analysis

Calories	310
Total Fat	4g
Saturated Fat	1.5g
Cholesterol	10mg
Sodium	460mg
Carbohydrates	46g
Dietary Fiber	5g
Protein	22g

Diabetic Exchanges:

Protein	3
Fat	1
Carbohydrates	3