

# FROM ANDREA'S KITCHEN

## CHICKEN POBLANO PEPPER CASSEROLE

by Andrea Woodson



This month's recipe came about because my family loves Mexican cuisine and we decided to grow our own poblano peppers. We ended up with a large crop and wanted to find recipes we could enjoy as a family, and the Chicken Poblano Casserole was born! If you don't grow your own, you can find these peppers in your local grocery stores. The peppers are slightly spicy but not hot, however, if you prefer no spice you could always substitute any bell pepper. We serve this dish over Jasmine rice however you might like cauliflower rice if you prefer a low carb option. Garnish with sour cream and more cilantro and you have a great restaurant quality meal at home!

### INGREDIENTS

- 3 boneless skinless chicken breast
- 3 Poblano peppers
- 3 garlic cloves
- 1 Tablespoon of olive oil
- 1/2 cup chopped onion
- 2 Tablespoons of Chipotle mild sauce (I use Badia)
- 1 Tablespoon of oregano
- 1 1/2 Tablespoons of cumin
- 1/4 cup white wine or chicken broth if you prefer
- 1 can of tomatoes with green chiles
- 1/2 Teaspoon of salt
- 1/4 Teaspoon pepper
- 2 cups of Mexican cheese
- 1/2 cup of cilantro



### PREPARATION

Place peppers on baking sheet and place under a broiler blistering the skins on both sides. Place blistered peppers in a ziploc bag and seal. After 20 minutes, peel skin off the peppers, deseed and chop, then layer them in a casserole dish. Next add olive oil to large skillet and sauté onion and garlic on low to medium heat until tender. Layer on top of peppers in the casserole dish. Chop the chicken breasts in chunks and coat with Chipotle sauce, salt and pepper and brown chicken in the skillet. After about 4 minutes, add oregano and cumin and cook for an additional 2 minutes. (Note: The chicken does not need to be cooked all the way through as it will finish cooking in the oven.) Add cooked chicken to the casserole dish. Next deglaze the pan with the wine, then pour canned tomatoes into the skillet and continue cooking until heated thru. Finally layer tomatoe mixture over chicken, onions and peppers, and top with cheese and cilantro. Bake at 350 degrees for 20 minutes. Enjoy!