

Baked Chili Relleno

INGREDIENTS

- » 1 (12 oz) can evaporated skim milk
- » 2 eggs
- » 2 egg whites
- » 3/4 cup shredded cheddar cheese, divided
- » 5 sliced green onions
- » 6, 6-inch corn tortillas, torn into 2-inch strips
- » 1 (7 oz) can chopped green chilies
- » 1/2 cup salsa, divided
- » Nonstick vegetable cooking spray
- » 1/4 cup low-fat sour cream
- » 2 tbsp chopped fresh cilantro

Nutritional Content

Per Serving

| | | | |
|---------------|--------|-------------------|-------|
| Calories | 356cal | Cholesterol | 138mg |
| Protein | 21g | Sodium | 752mg |
| Carbohydrate | 38g | Calories from Fat | 30% |
| Fat | 12g | Fiber | 2g |
| Saturated Fat | 6g | | |

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INSTRUCTIONS

Preheat oven to 375°F. In a large bowl combine evaporated skim milk, eggs, egg whites, 1/2 cup shredded cheese, green onions, corn tortilla pieces, green chilies, and 1/4 cup salsa. Mix well. Pour into a 10 inch wide deep-dish pie plate or casserole dish that has been sprayed with nonstick vegetable cooking spray. Bake for 25 to 30 minutes. Remove from oven and add 1/4 cup shredded cheese on top. Return to oven 1 minute or until cheese is melted. Garnish each serving with 1 tbsp salsa, 1 tbsp low-fat sour cream, and chopped cilantro leaves. Serves 4.