



**Nutrition  
information  
per serving:**

Calories  
**150**

Carbohydrate  
**28 g**

Dietary Fiber  
**6 g**

Protein  
**5 g**

Total Fat  
**3 g**

Saturated Fat  
**1 g**

Trans Fat  
**0 g**

Cholesterol  
Less than  
**5 mg**

Sodium  
**100 mg**



# Mango Chile Relleno al Carbon

*Enjoy the flavors of sweet mangos with spicy peppers in this lively dish.*

**Makes 4 servings.** *1 chile relleno per serving.* | **Prep time:** 15 minutes | **Cook time:** 10 minutes

1. Put poblano peppers in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
  2. Rub off skins and very carefully cut open and remove seeds, leaving stems attached.
  3. Place about  $\frac{2}{3}$  of the mango slices inside peppers then place 1 tablespoon of cheese in each.
  4. Chop remaining mango and place in a medium bowl with all remaining ingredients for the mango salsa.
  5. Place stuffed peppers on a foil lined baking sheet and bake at 425°F for 5 minutes or until cheese is melted.
  6. Remove from oven and top with mango salsa.
  7. Serve immediately.
- 4 small poblano peppers
  - 2 large fresh mangos, peeled, pitted, and sliced, divided
  - 4 tablespoons shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses
  - $\frac{1}{4}$  cup finely chopped red onion
  - $\frac{1}{4}$  cup chopped green bell pepper
  - 1 tablespoon lime juice
  - 1 tablespoon finely chopped fresh cilantro
  - $\frac{1}{2}$  tablespoon finely chopped canned chipotle peppers in adobo sauce

