



Stuffed Poblanos with Corn and Black Beans

MyPlate2Yours - Lynn Dugan

Ingredients

1 can (28 ounces) whole tomatoes
1 jalapeno pepper, seeds and ribs removed
2 small onions, 1 halved / 1 diced
3 garlic cloves, 2 whole / 1 minced
Salt and freshly ground pepper
1 can (19 ounces) black beans, drained and rinsed
kernels from 1 large ear corn (or 1/2 cup canned or frozen)
1/2 cup yellow cornmeal
1 cup shredded sharp cheddar cheese
1 teaspoon ground cumin
4 large poblano peppers, halved lengthwise, seeds and ribs removed
4 cups cooked quinoa

Directions

Preheat oven to 425°F. In a food processor, purée tomatoes, jalapeno, halved onion, and 2 garlic cloves. Pour sauce into a 9 x 13 inch baking dish. Set aside.

In a medium bowl, combine beans, corn, cornmeal, 1/2 cup cheese, diced onions, minced garlic, cumin and 3/4 cup water. Season with salt and pepper.

Spoon mixture evenly into poblano halves. Place halves on top of sauce. Sprinkle with remaining cheese. Cover the baking dish with foil.

Bake until the poblanos are tender, about 45 minutes. Uncover, continue to cook until the sauce thickens slightly and cheese is browned, 10 to 15 minutes.
Serve over cooked quinoa. Enjoy!

