**Chile Rellenos better than fried**

Creamy baked stuffed Chile Rellenos with loads of cheese. This recipe cuts the calories and has more flavor than the fried version.

Prep Time: 15 minutes Cook Time: 45 minutes Total Time: 1 hour 30 minutes Servings: 4 ServingCalories: 272kcal

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Ingredients

4 Chilies Anahiem, Hatch or Poblano peppers

4 Ounces Monetary Jack Cheese (Or pepper Jack Cheese if want spice)

2 Ounces Cheddar Cheese

2 Egg

1/4 Cup Flour

1/2 teaspoon Cumin

3/4 Cup Milk

1/2 teaspoon Salt

1/2 teaspoon Black Pepper

Cayenne Pepper Optional - only if you wnat it spicy

Instructions

Roasting Peppers

Roast Peppers. We roast ours on the charcoal grill. They can also be roasted on gas grill. Or buy canned Whole Chillies.

To Roast your own peppers. Place the peppers on the grill or turn a gas burner to medium high heat. Place the Chile directly on the grill or the burner and roast. Turning with tongs.

Once they are blackened on all sides. Place the Chilies into a small brown paper bag or place in a container with a lid. The Chilies will steam. Leave them in the brown paper bag or container for about 15 minutes.

Hold the pepper under running water. The blacked outer layer will come right off. Then cut off the tops and remove the seeds and veins. The seeds can be rinsed out with running water.

Building Casserole

Preheat oven to 375 degrees. Stuff each pepper with one (1) ounce of Monterey Jack Cheese. See Notes for other cheeses.

Place peppers in casserole dish

Beat eggs

Mix together milk and eggs. Stir the flour, cumin, salt and black pepper into the milk and eggs

Pour milk and egg mixture into the flour, cumin, salt and black pepper mixture

Wisk together. Mixture does not have to be smooth

Pour mixture over the chilies

Sprinkle Cheddar cheese on top

OPTIONAL: For Spice - Sprinkle Cayenne pepper on top

Bake for 30 minutes or until cheese is melted

Serve with your favorite mexican side dish

Notes

If you want a little spice stuff the peppers with Pepper Jack Cheese. Other cheese that can be used are Cheddar, Colby or Colby Jack Cheese.

Nutrition

Calories: 272kcal | Carbohydrates: 13g | Protein: 16g | Fat: 17g | Saturated Fat: 10g | Cholesterol: 127mg | Sodium: 877mg | Potassium: 283mg | Fiber: 1g | Sugar: 5g | Vitamin A: 1190IU | Vitamin C: 65mg | Calcium: 384mg | Iron: 1.7mg

https://www.bellylaughliving.com/baked-chile-rellenos/