

Stuffed Poblano Peppers

2 large poblano peppers
1 tsp. canola oil
1/4 cup diced onion
2 cloves garlic
2 links Trader Joe's spicy jalapeno chicken sausage (or something similar)
1/4 cup salsa plus additional for serving
1/2 cup corn
1/2 tsp. ground cumin
1 oz. manchego cheese, shredded (about 1/3 cup), divided

Preheat the oven to 400.

Heat the oil over medium heat and add the onion. Cook for a couple minutes until onion begins to get tender, and then crumble in the chicken sausage. Cook until onion is translucent and sausage is browned. Add salsa, corn and cumin. Simmer over low to combine flavors and season to taste with salt and pepper. Stir in all but 2 Tbsp. of the manchego.

Lay the poblano flat (the way it naturally sits without falling over) and then cut a T-shaped slit into the top of the poblano. Using your fingers, pry the slit apart, and pull the seeds out (or spill over a trash can).

Stuff the sausage mixture into the poblano peppers. Top each poblano with 1 T of the remaining manchego.

Bake about 35-40 minutes, until the poblano is tender and cheese is melted.

Nutritional Information Per Poblano: Calories: 237 / Fat: 12g / Saturated Fat: 3.5g / Carbs: 16g / Fiber: 2g / Protein: 17g