

Chilies Rellenos

Ingredients

- 8 poblano chilies
- 4 eggs, separated
- 3 cups shredded cheese
- Flour
- Oil



Directions:

Slice chilies core and remove seeds. Roast chilies and rinse with salt water.

Stuff chilies with cheese and close opening with a stick. Coat peppers in flour.

Beat egg whites until stiff. Beat egg yolks. Combine whites and yolks.

Place oil in a pan and heat. Pass each chili through the egg mixture and fry in oil. Turn so each side is fried.

Serve with tomato sauce or salsa and white rice.