



Chicken Poblano Casserole

READY IN



45 min.

SERVINGS



12

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3.8 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 3 ears corn
- 2 large eggs lightly beaten
- 1.5 ounces flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 1 cup spring onion divided thinly sliced
- 3.5 cups milk 1% low-fat
- 15 ounce part-skim ricotta

- 12 ounces poblano pepper
- 8 ounces bell pepper red
- 0.3 cup onion red chopped
- 1 teaspoon salt divided
- 12 ounces cheddar cheese divided reduced-fat
- 18 6-inch corn tortillas white ()

Equipment

- baking sheet
- sauce pan
- oven
- knife
- whisk
- blender
- baking pan
- aluminum foil
- broiler
- ziploc bags
- measuring cup

Directions

- Preheat broiler.
- Cut poblanos and bell pepper in half lengthwise; discard seeds and membranes.
- Place poblanos and bell pepper, skin sides up, on a foil-lined baking sheet; flatten with hand.
- Place corn on baking sheet. Broil 10 minutes or until poblanos and bell pepper are blackened and corn is lightly browned.
- Place poblanos and bell pepper in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel and coarsely chop; set poblanos and bell pepper aside separately.
- Remove corn kernels from cobs.

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour, 1/2 teaspoon salt, and black pepper in a large saucepan. Gradually add milk, stirring with a whisk. Cook over medium heat until slightly thick (about 12 minutes), stirring constantly.
- Remove from heat.
- Combine 1 cup milk mixture and poblanos in a blender; process until smooth. Stir pureed poblano mixture into remaining milk mixture.
- Preheat oven to 35
- Combine bell pepper, corn, remaining 1/2 teaspoon salt, 1 cup Mexican cheese, red onion, cilantro, eggs, and ricotta.
- Coat bottom of a 13 x 9-inch baking dish with cooking spray.
- Spread 1/2 cup sauce in bottom of dish. Arrange 6 tortillas over sauce, overlapping slightly.
- Spread half of ricotta mixture over tortillas; top with half of chicken.
- Sprinkle with 1/3 cup green onions and 2/3 cup Mexican cheese.
- Pour about 1 cup sauce over cheese. Repeat layers with 6 tortillas, remaining ricotta mixture, remaining chicken, 1/3 cup green onions, 2/3 cup Mexican cheese, 1 cup sauce, and 6 tortillas.
- Pour remaining sauce over tortillas. Coat 1 side of foil with cooking spray.
- Place foil, coated side down, over casserole.
- Bake at 350 for 30 minutes or until bubbly.
- Uncover; sprinkle with remaining 2/3 cup Mexican cheese and 1/3 cup green onions.
- Bake, uncovered, 15 minutes or until cheese melts.
- Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:10.05, Inflammation Score:-8, Nutrition Score:22.621304325435%

Flavonoids

Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 396.6kcal (19.83%), Fat: 15.47g (23.8%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 29.58g (10.76%), Sugar: 7.53g (8.36%), Cholesterol: 109.55mg (36.52%), Sodium: 505.55mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.23%), Vitamin C: 50.53mg (61.25%), Phosphorus: 537.72mg (53.77%), Selenium: 30.06µg (42.95%), Calcium: 425.52mg (42.55%), Vitamin B3: 7.71mg (38.55%), Vitamin B6: 0.58mg (29%), Vitamin A: 1364.89IU (27.3%), Vitamin B2: 0.43mg (25.17%), Vitamin K: 23µg (21.9%), Magnesium: 78.94mg (19.74%), Zinc: 2.94mg (19.57%), Vitamin B12: 1.09µg (18.24%), Fiber: 4.2g (16.79%), Potassium: 560.31mg (16.01%), Vitamin B1: 0.22mg (14.66%), Manganese: 0.29mg (14.61%), Folate: 51.21µg (12.8%), Vitamin B5: 1.28mg (12.77%), Iron: 2.01mg (11.16%), Copper: 0.16mg (7.84%), Vitamin D: 1.14µg (7.63%), Vitamin E: 0.9mg (6.03%)