



WHATSheATE



Chilaquiles Verdes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

Ingredients



0.5 bay leaf



1 tablespoon corn oil



12 6-inch corn tortillas



4 servings crema fresca sour for garnish



1 pinch thyme leaves dried



2 large eggs beaten



2 tablespoons mild feta cheese crumbled



1 tablespoon cilantro leaves fresh finely chopped

- ☐ 2 garlic cloves
- ☐ 1 jalapeño chile stemmed
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 pinch oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 8 medium tomatillos husked rinsed ()
- ☐ 4 servings vegetable oil for frying
- ☐ 3 tablespoons onion white finely chopped

Equipment

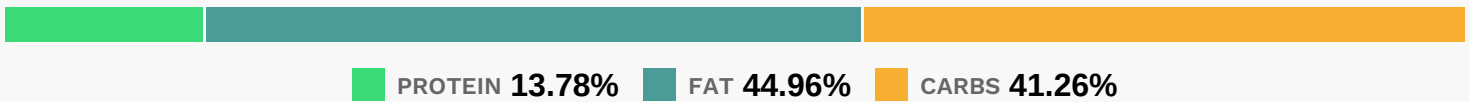
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ skimmer
- ☐ deep fryer

Directions

- ☐ Put the tomatillos, chile, onion, and garlic in a medium pot and add water to cover. Bring to a boil over high heat. Reduce the heat to medium-low and simmer until the vegetables are soft and the tomatillos turn pale green, 15 to 20 minutes.
- ☐ Remove from the heat and let cool slightly.
- ☐ Carefully transfer the boiled vegetables, along with the cooking water, to a blender. Puree for a few seconds to blend; be sure to hold down the lid with a kitchen towel for safety.
- ☐ Add the 1/2 bay leaf, oregano, thyme, salt, and broth. Continue to puree until smooth. You should have about 1 quart of salsa verde.

- ☐ Place a wide pot or pan over medium–high heat and coat with the corn oil. When the oil is hazy, pour in the salsa verde; it will bubble a bit. Reduce the heat to medium and simmer, stirring occasionally, until the sauce is slightly thickened, 10 to 15 minutes. Cover, reduce the heat to very low, and keep warm while you finish the chips.
- ☐ Pour the vegetable oil into a heavy–bottomed pot or countertop deep fryer to a depth of about 2 inches and heat to 375°F over medium–high heat. Stack the tortillas and fan them with your thumb to separate.
- ☐ Cut the tortillas into 8 wedges like a pie.
- ☐ Working in batches, fry the tortilla chips, turning them with a skimmer or slotted spoon so they don't stick together, until golden brown, about 2 to 3 minutes.
- ☐ Remove the chips to a paper towel–lined baking pan or brown paper bag to drain and cool. (
- ☐ Let the oil return to the proper temperature between batches.)
- ☐ To finish the chilaquiles, uncover the salsa verde and raise the heat to medium. Just when it starts to bubble, stir in the beaten eggs. Cook and stir for about 5 seconds, until the egg feathers into the sauce, thickening and binding it. Immediately add the chips, tossing gently until they have absorbed enough sauce to become soft. Take care not to break the chips.
- ☐ Sprinkle the Jack cheese on top and let it melt.
- ☐ Divide the chilaquiles among 4 plates.
- ☐ Sprinkle with the queso fresco, chopped onion, and cilantro.
- ☐ Garnish with the crema fresca and serve immediately.
- ☐ From L.A.'s Original Farmers Market Cookbook: Meet Me at 3rd and Fairfax by Joanne Cianciulli. Copyright © 2009 by A. F. Gilmore Company. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:15.45, Inflammation Score:-6, Nutrition Score:14.992173837579%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 390.67kcal (19.53%), Fat: 20.08g (30.9%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 34.98g (12.72%), Sugar: 4.6g (5.11%), Cholesterol: 117.75mg (39.25%), Sodium: 511.13mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Phosphorus: 431.24mg (43.12%), Fiber: 6.5g (25.99%), Calcium: 248.42mg (24.84%), Selenium: 16.96µg (24.23%), Manganese: 0.41mg (20.74%), Magnesium: 81.57mg (20.39%), Vitamin B2: 0.29mg (16.93%), Vitamin C: 13.3mg (16.12%), Vitamin B6: 0.32mg (15.89%), Vitamin K: 16.2µg (15.43%), Zinc: 2.2mg (14.69%), Vitamin B3: 2.74mg (13.72%), Potassium: 437.5mg (12.5%), Iron: 2.11mg (11.7%), Vitamin E: 1.74mg (11.57%), Copper: 0.22mg (10.93%), Vitamin A: 504.91IU (10.1%), Vitamin B1: 0.13mg (8.61%), Vitamin B12: 0.5µg (8.4%), Vitamin B5: 0.7mg (6.97%), Folate: 26.89µg (6.72%), Vitamin D: 0.78µg (5.23%)