



Chilaquiles with Roasted Tomatillo Salsa

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



665 kcal

SIDE DISH

Ingredients

- 0.3 cup chicken broth as needed
- 10 corn tortillas dry stale cut into eighths, preferably (spread out to overnight)
- 0.5 cup a mild feta crumbled
- 0.3 cup cilantro leaves fresh chopped for garnish
- 0.5 cup cilantro leaves fresh
- 3 garlic cloves unpeeled
- 4 servings kosher salt and ground pepper fresh black
- 0.5 cup crema mexicana sour

- 4 servings olive oil as needed
- 1 large onion coarsely chopped
- 2 slices onion separated thin
- 4 servings salt and pepper black freshly ground
- 3 serrano chiles fresh
- 3 cups roasted tomatillo salsa
- 1 pound tomatillos fresh
- 0.3 cup vegetable oil

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- blender
- casserole dish
- broiler

Directions

- Watch how to make this recipe.
- Special equipment: 4 individual casserole dishes
- Preheat the broiler or oven to 550 degrees F.
- Remove husks from the tomatillos and rinse under warm water to remove the stickiness.
- Put the chiles, garlic, onion and tomatillos on a baking sheet. Season with a little olive oil, and salt and pepper, to taste. Put on a rack about 1 or 2 inches from the heat, and cook, turning the vegetables once, until softened and slightly charred, about 5 to 7 minutes. When cool enough to handle, peel the garlic and pull off the tops of the chiles.
- Add all the broiled ingredients to a blender along with the fresh cilantro and puree.
- Pour in 1/4 cup of chicken broth and blend to combine.

- Add more broth, if needed, for desired consistency.
- Pour about 1/3 cup vegetable oil into a large saute pan over medium heat. When the oil is hot, add the tortillas, working in 2 or 3 batches, and cook until lightly browned and nearly crisp.
- Drain the tortillas on paper towels and discard the remaining oil. Wipe the pan with a paper towel.
- In the same pan, add the tomatillo salsa and bring to simmer over low heat.
- Add the tortillas and cook until soft but not mushy, about 5 minutes. Season with salt and pepper, to taste. Divide the mixture among 4 individual casserole dishes. Top with the cheese crumbles and onion rings.
- Drizzle with Mexican crema, sprinkle with some chopped fresh cilantro and serve immediately.
- *Cook's Note: Salsa Verde means "green sauce" and is typically made with tomatillos, green chiles and cilantro. Make your own fresh, or you can also find it canned at most supermarkets.
- Tomatillos are a small green fruit encased in a tissue paper-like husk. They should be used when they are still green, before they are ripe and the husk has turned brown. Before using, remove the husk, rinse and dry the fruit. (They do not need to be seeded.) They are found in most supermarkets
- **Cook's Note: Chilaquiles is a Mexican brunch dish invented to use leftovers. It is made with day old tortillas (cut or torn into chips) and salsa verde. They are cooked together until the tortillas are slightly softened. Chilaquiles are eaten alone or with beans, eggs or shredded chicken.
- ***Cook's Note: Queso fresco is a white, mild, fresh Mexican cheese with the texture of fresh farmer's cheese in the US. Queso fresco can be found in many supermarkets, Latin specialty markets or online. It can be substituted with a mild feta cheese.

Nutrition Facts

 **PROTEIN 5.6%**  **FAT 62.14%**  **CARBS 32.26%**

Properties

Glycemic Index:57.63, Glycemic Load:13.72, Inflammation Score:-9, Nutrition Score:18.383912936501%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 664.53kcal (33.23%), Fat: 46.19g (71.05%), Saturated Fat: 7.15g (44.68%), Carbohydrates: 53.95g (17.98%), Net Carbohydrates: 46.62g (16.95%), Sugar: 19.07g (21.19%), Cholesterol: 26.45mg (8.82%), Sodium: 1738.02mg (75.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Vitamin K: 63.65µg (60.62%), Vitamin A: 1692.15IU (33.84%), Phosphorus: 327.37mg (32.74%), Vitamin C: 26.53mg (32.16%), Fiber: 7.33g (29.32%), Vitamin E: 4.3mg (28.63%), Manganese: 0.52mg (26.19%), Potassium: 896.06mg (25.6%), Calcium: 212.21mg (21.22%), Magnesium: 80.25mg (20.06%), Vitamin B3: 3.28mg (16.4%), Vitamin B6: 0.33mg (16.31%), Copper: 0.23mg (11.75%), Selenium: 8.13µg (11.61%), Zinc: 1.63mg (10.9%), Iron: 1.86mg (10.33%), Vitamin B1: 0.15mg (10%), Vitamin B2: 0.14mg (8.24%), Folate: 23.69µg (5.92%), Vitamin B12: 0.26µg (4.32%), Vitamin B5: 0.39mg (3.93%), Vitamin D: 0.41µg (2.74%)