



## Hatch Chile Baked Penne

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 hatch chili peppers
- ☐ 2 cups a mixture of cream and yogurt sour good
- ☐ 0.3 cup heavy creamy (completely optional!)
- ☐ 14 ounces penne pasta
- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups cheese shredded mexican style
- ☐ 1 teaspoon vegetable soup base
- ☐ 10 cups water

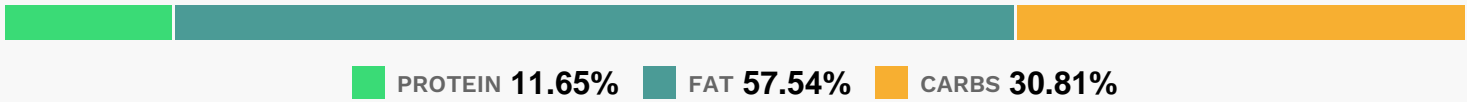
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ casserole dish
- ☐ aluminum foil
- ☐ tongs

# Directions

- ☐ Roast the peppers. Slit the chili peppers down the center, scrape out the seeds and arrange on a large foil lined baking sheet.
- ☐ Bake at 450F for about 10 minutes or until the pepper’s skins have blistered. Turn and bake for a few more minutes.
- ☐ Remove from the oven and using tongs, transfer to a heavy duty freezer bag or a bowl with a lid. Seal the hot peppers in the bag (or cover bowl) and let cool. When cool, remove from bags, peel away skins, chop.Bring 10 cups of water to a boil. Stir in the soup base. You can also add a little salt to the water if you want.
- ☐ Add pasta and boil until al dente (7 to 12 minutes depending on type).Meanwhile, in a food processor or blender, process the sour cream, and chopped chile peppers.
- ☐ Drain the pasta and toss it with the sour cream mixture and 1 cup of the shredded cheese. If you feel like it, add a little cream. At this point you can add some salt and pepper to taste, but I never do.Arrange in a greased 9×13 inch casserole dish and cover with foil.
- ☐ Bake at 375 F. for about 10 minutes, then sprinkle remaining cheese over the top.
- ☐ Bake uncovered for another 10–15 minutes or until cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:10.88, Glycemic Load:14.92, Inflammation Score:-7, Nutrition Score:11.473043478054%

## Nutrients (% of daily need)

Calories: 512.89kcal (25.64%), Fat: 32.91g (50.63%), Saturated Fat: 20.3g (126.84%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 37.98g (13.81%), Sugar: 3.7g (4.11%), Cholesterol: 102.24mg (34.08%), Sodium: 400.05mg (17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.98%), Selenium: 37.57µg (53.67%), Phosphorus: 255.89mg (25.59%), Vitamin A: 1249.45IU (24.99%), Calcium: 248.35mg (24.83%), Manganese: 0.47mg (23.27%), Vitamin B2: 0.25mg (14.55%), Zinc: 1.74mg (11.58%), Magnesium: 41.26mg (10.31%), Copper: 0.21mg (10.31%), Vitamin D: 1.21µg (8.07%), Vitamin B12: 0.45µg (7.53%), Fiber: 1.67g (6.66%), Potassium: 202.88mg (5.8%), Vitamin B6: 0.11mg (5.65%), Iron: 0.9mg (4.98%), Vitamin E: 0.75mg (4.98%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.46mg (4.57%), Vitamin B1: 0.07mg (4.36%), Folate: 15.52µg (3.88%), Vitamin K: 3.09µg (2.95%)