



WHATSheATE



HEALTH SCORE

100%

Mexican Poblano, Spinach, and Black Bean "Lasagne" with Goat Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



1500 min.

SERVINGS



6

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



14 oz canned tomatoes whole canned



1 cup black beans canned rinsed cooked drained



6 6-inch corn tortillas halved ()



2 teaspoons epazote leaves dried



0.3 cup cilantro leaves fresh chopped



3 large garlic cloves chopped



8 oz mild goat cheese soft

- ☐ 1 cup heavy cream
- ☐ 3 tablespoons olive oil
- ☐ 6 servings garnish: pine nuts toasted
- ☐ 2.3 lb poblano chiles fresh medium to large
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt to taste
- ☐ 3 lb pkt spinach
- ☐ 0.3 teaspoon sugar

Equipment

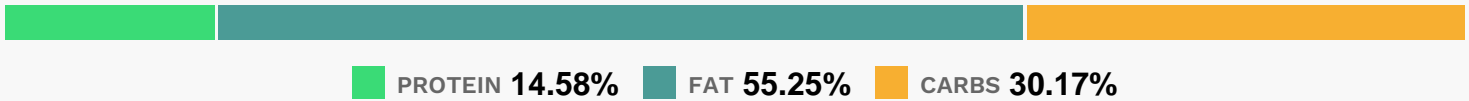
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ casserole dish
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ kitchen scissors
- ☐ tongs
- ☐ colander
- ☐ broiler pan

Directions

- ☐ Lay 4 chiles on their sides on racks of gas burners and turn flames on high. Roast chiles, turning with tongs, until skins are blackened and chiles are tender, 4 to 6 minutes. (Or broil all 12 chiles on rack of a broiler pan about 2 inches from heat, turning, until skins are blackened, 8 to 10 minutes.)
- ☐ Transfer immediately to a large bowl and cover with plastic wrap. Roast remaining 8 chiles in same manner, then let stand 20 minutes.
- ☐ When cool enough to handle, peel chiles, then open flat and discard seeds and stems, wiping with paper towels or dunking in a bowl of water briefly, if necessary, to remove seeds. If chiles taste very spicy, cut out ribs with scissors to make them milder.
- ☐ Purée tomatoes with juice, garlic, cilantro, sugar, and salt in a blender.
- ☐ Heat oil in a 10-inch nonstick skillet over moderate heat until hot but not smoking, then add sauce (be careful of splattering) and simmer, stirring, until thickened and reduced to about 1 cup, about 6 minutes.
- ☐ Gently simmer cream, with epazote if using, in a small heavy saucepan, covered, 10 minutes. If using epazote, pour cream through a fine-mesh sieve into a bowl, pressing on and discarding epazote. Return cream to pan.
- ☐ Whisk in goat cheese and salt and heat over low heat, whisking until smooth.
- ☐ Blanch spinach in batches in a large pot of boiling salted water 1 minute, transferring with a slotted spoon to a large bowl of cold water to cool.
- ☐ Drain in a colander, pressing on spinach with back of a spoon to remove excess water, then coarsely chop.
- ☐ Heat oil in cleaned nonstick skillet over moderately high heat until hot but not smoking, then sauté spinach and raisins, stirring, 2 minutes. Stir in salt and transfer filling to a plate.
- ☐ Preheat oven to 350°F.
- ☐ Heat oil in cleaned nonstick skillet over moderately high heat until hot but not smoking, then fry tortillas 2 halves at a time, turning over once, until just crisp, about 1 minute total.
- ☐ Transfer tortillas to paper towels to drain.
- ☐ Spread 1/4 cup tomato sauce over bottom of casserole dish. Arrange half of tortillas on top, then spread another 1/4 cup tomato sauce on top and sprinkle evenly with black beans. Arrange 4 poblanos flat over black beans to cover, then spread half of spinach filling evenly over chiles and drizzle with 1/4 cup goat cheese sauce. Make another layer with 4 chiles,

- remaining spinach filling, and another 1/4 cup of goat cheese sauce, then cover with remaining 4 chiles.
- ☐ Cover chiles with remaining tomato sauce, spreading evenly, then top with remaining tortillas. Cover tortillas with remaining goat cheese sauce, spreading evenly.
 - ☐ Bake lasagne, covered with foil, in middle of oven until bubbling and heated through, 25 to 30 minutes.
 - ☐ Preheat broiler.
 - ☐ Remove foil and broil about 3 inches from heat until top is bubbling and beginning to brown, about 2 minutes.
 - ☐ * Available at Latino markets and Kitchen/Market (888-468-443
 - ☐ • Chiles can be roasted and peeled 1 day ahead and chilled, covered. • Tomato sauce, goat cheese sauce, and spinach filling can be made 1 day ahead and chilled separately, covered. Reheat goat cheese sauce before proceeding. • Lasagne can be assembled (but not baked) 1 hour ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:58.57, Glycemic Load:12.02, Inflammation Score:-10, Nutrition Score:49.928260969079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 9.7mg, Luteolin: 9.7mg, Luteolin: 9.7mg, Luteolin: 9.7mg Kaempferol: 14.58mg, Kaempferol: 14.58mg, Kaempferol: 14.58mg, Kaempferol: 14.58mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

Nutrients (% of daily need)

Calories: 586.62kcal (29.33%), Fat: 38.43g (59.12%), Saturated Fat: 16.53g (103.29%), Carbohydrates: 47.2g (15.73%), Net Carbohydrates: 33.1g (12.04%), Sugar: 10.22g (11.35%), Cholesterol: 62.21mg (20.74%), Sodium: 532.88mg (23.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.63%), Vitamin K: 1125.16µg (1071.59%), Vitamin A: 23062.09IU (461.24%), Vitamin C: 207.87mg (251.96%), Manganese: 3.54mg (176.88%), Folate: 519.77µg (129.94%), Magnesium: 284.48mg (71.12%), Potassium: 2073.77mg (59.25%), Vitamin B6: 1.15mg (57.4%), Vitamin E: 8.52mg (56.83%), Fiber: 14.1g (56.4%), Iron: 10.05mg (55.84%), Copper: 1.07mg (53.27%), Phosphorus: 472.51mg (47.25%), Vitamin B2: 0.8mg (47.01%), Calcium: 378.51mg (37.85%), Vitamin B1: 0.5mg (33.26%), Vitamin B3: 4.51mg (22.57%), Zinc: 3.38mg (22.55%), Selenium: 7.17µg (10.24%), Vitamin B5: 1mg (10.02%),

Vitamin D: 0.79µg (5.24%), Vitamin B12: 0.14µg (2.25%)