



Easy Cheesy Chili Relleno Casserole

3 (4-oz.) cans whole green chili peppers, drained
1 cup evaporated skim milk
4 egg whites
1/3 cup all purpose flour
2 cups (8 oz.) finely shredded reduced fat Monterey Jack cheese
2 cups (8 oz.) finely shredded reduced fat sharp cheddar cheese
1 (8 oz.) can tomato sauce, no salt added

Preheat oven to 350°. Lightly spray a 1½-quart casserole with no-stick spray and set aside. Slit the chili peppers in half lengthwise. Remove and discard the seeds from the peppers. Rinse and drain the peppers on paper towels.

In a medium bowl, beat together the milk, egg whites, and flour until smooth; set aside. In another bowl, combine the Monterey Jack and cheddar cheeses. Set ½ cup of the cheese mixture aside for the topping.

To assemble the casserole, layer half each of the chili peppers, the cheese mixture and egg mixture. Repeat the layers with the remaining chili peppers, cheese mixture and egg mixture.

Pour the tomato sauce over the top, then bake for 30 minutes. Sprinkle with the reserved ½ cup cheese mixture and bake about 20 minutes more or until a knife inserted near the center comes out clean.

Serves 8. *Per serving: 216 calories, 6 grams fat, 10 grams carbohydrates, 600 mg sodium, 20 mg cholesterol, 1 gram fiber.*

From our “Cookbook of the Quarter,” *Healthy Homestyle Cooking* by Evelyn Tribole, available at Asheville’s Barnes & Noble discounted 20% through September.

This is a super easy casserole that can easily be jazzed up by serving with salsa and fresh cilantro. Make a salad and dinner is served. It makes great leftovers that can be varied by using it as a filling for a tortilla or a sandwich.

Your partners in health,
Candace and Lucy