

SPOTLIGHT RECIPE



Thompson
DeLight

Recipes under 450 calories

QUINOA-STUFFED POBLANOS WITH GRILLED ROMESCO SAUCE

- In a saucepan, combine the quinoa with 1 cup of water and bring to a boil. Cover and simmer until the quinoa is tender, 18 minutes. Remove from the heat and let stand for 5 minutes; uncover and let cool.
- Light a grill. Rub the poblanos and corn with the oil and grill over high heat, turning occasionally, until the poblanos are charred all over and the corn is charred and tender, 5 minutes. Transfer the poblanos to a bowl, cover with plastic wrap and let stand for 5 minutes. Rub off the skins with a paper towel. Cut off the tops; pull out and discard the cores.
- In a large bowl, cut the corn kernels off the cobs. Add the walnuts, scallions, chopped cilantro and mozzarella, and then season with salt and pepper. Lightly pack the quinoa into the poblanos. Replace the tops and secure with toothpicks.
- Rub the poblanos with oil and grill over moderate heat, covered, turning the chiles occasionally, until tender, 15 minutes. Transfer the chiles to plates and remove the toothpicks. Garnish with the cilantro sprigs and serve with the Grilled Romesco Sauce.
- For the sauce: Light a grill. Wrap the red peppers, tomato and onion in a large sheet of heavy-duty aluminum foil. Grill over moderate heat for about 25 minutes, until the vegetables are softened and charred.
- Transfer the vegetables to a blender. Add the almonds and crushed red pepper and puree.
- Season with salt and serve.

Ingredients

Servings: 6

- 1/2 cup red quinoa
- 1 cup water
- 6 large poblano chiles
- 2 ears of corn, shucked
- Extra-virgin olive oil, for grilling
- 1/2 cup walnuts, toasted and finely chopped
- 3 scallions, thinly sliced
- 2 tablespoons chopped cilantro, plus sprigs for garnish
- 1/4 cup fresh mozzarella, finely diced
- Salt
- Freshly ground pepper
- 1 1/2 cups Grilled Romesco Sauce (see recipe)
- 2 large red bell peppers
- 1 large tomato, halved
- 1/2 medium onion, thickly sliced
- 1/4 cup raw almonds
- 1/2 teaspoon crushed red pepper
- Salt to taste

