

Food Babe's Hot Poblano Pockets



Prep Time:	Cook Time:	Total Time:	Serves:
20 mins	35 mins	55 mins	4

<https://foodbabe.com/hot-poblano-pockets>

Ingredients:

- 8 poblano peppers
- 1 cup tomato sauce
- 4 ounces goat cheese
- 2 cups quinoa, cooked
- 1 pinch sea salt
- 1 pinch black pepper

Instructions:

1. Preheat oven to broil high.
2. Wash and seed poblano peppers, by cutting off the stem and scooping out core.
3. Place peppers on large baking sheet or rack and broil each side of pepper until skin is bubbled and brown, approximately 5 minutes per side.
4. Remove peppers from oven and place them in a large baking dish and cover – the steam will allow the skin to easily be peeled off once cooled.
5. While peppers are cooling, place filling of your choice (cooked quinoa, brown rice or lentils), ½ of goat cheese and 1 cup of tomato sauce in bowl and mix well, season with salt and pepper as needed.
6. Preheat oven to 350° F.
7. After steaming and cooling peppers for about 10-15 minutes – Peel each pepper carefully removing skin.
8. Once all peppers are skinless, fill each pepper with filling mixture and place in baking dish and top entire dish with 2 cups tomato sauce and the other ½ of goat cheese.
9. Cover dish with foil and bake for 30-35 minutes, tomato sauce should be bubbling slightly before taking it out.
10. Remove dish from oven and let dish cool for at least 5 minutes before serving.

Notes:

- Makes 4 dinner servings of 2 peppers each or 8 servings of 1 pepper each as appetizers – Enjoy!
- ***Please buy all organic ingredients if possible***