



Chile Relleno Casserole



Instructions:

Adult: Preheat oven to 350°F.

Together: Chop onion and bell pepper. Cook until soft, season with garlic powder.

Kid: Mix rice, corn and green chiles in a big bowl. Add bell pepper and onion mix. Combine.

Kid: Add eggs, yogurt and half the shredded cheddar cheese. Season with salt and pepper. Combine.

Together: Place in 8x8 sprayed baking pan. Top with remaining cheese. Bake for 30 minutes or until set.

“Relleno” (reh-YEH-noh) means “stuffed” in Spanish, and this dish transforms all the delicious parts of chiles rellenos (stuffed chile peppers) into an easy-to-make casserole. This recipe comes to us from Monica of [Run Eat Repeat](#).

Ingredients: (serves 4)

- 2 cups cooked brown rice (about 2/3 cup uncooked)
- 1/2 cup onion
- 1 large bell pepper
- 1 (15 oz.) can no salt added corn
- 1 (4 oz.) can fire roasted diced green chiles
- 1/2 cup nonfat plain Greek yogurt
- 3 eggs
- 1 cup shredded sharp Cheddar cheese
- Salt, pepper and garlic powder to taste

Food For Thought!

You know how every year that you get older, you get smarter and gain more and more knowledge? “Sharp” is another word for smart, but it also describes the intensity of a cheese’s flavor. And just like you, Cheddar cheese gets “sharper” as it ages! Mild Cheddar is aged for only two months, while sharp Cheddar is aged for a year and extra sharp is aged for 18 months!

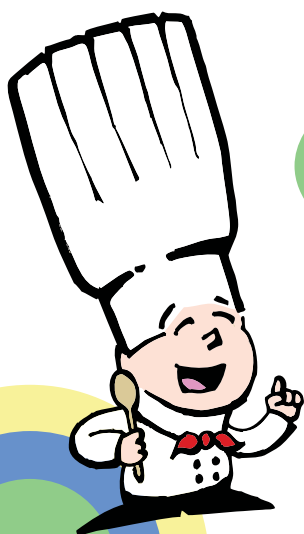


Cooking Tip of the Week

Brown rice can take a long time to cook. Save time on weeknights by cooking a big batch of it in advance and freezing it in portions. It reheats easily in the microwave or on the stove.

Conversation Starter

What is an important lesson that you recently learned?



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