

GRAPEFRUIT BLACK BEAN CHILE RELLENOS

- 4 large Poblano chiles
- 3-4 ounces Monterrey Jack cheese, shredded
- 2 cooked chicken breasts (grilled or pan-seared, shredded or cubed)
- 1 can (15 ounces) black beans, drained and rinsed
- 1 ruby red grapefruit, peeled, seeded, and diced
- 1 avocado, diced
- 1-2 teaspoons cumin
- salt and pepper to taste
- 3-4 ounces queso fresco, crumbled



Cut all chiles in half, lengthwise, cut out seed pod, and place on a baking sheet with the inside of the pepper facing the baking sheet. Drizzle with olive oil and broil on high for 7-10 minutes. Make sure they are completely softened. Peppers will come out looking charred, with skin separating from the flesh. Set aside to cool for five minutes.

In a mixing bowl, combine chicken, Monterrey Jack cheese, beans, grapefruit, and avocado. Season with cumin, salt and pepper to taste. Mix. Spoon mixture into broiled chiles, sprinkle with crumbled queso fresco and bake at 350 degrees for 5-7 minutes.

Serve with brown rice.

Recipe courtesy of Jennifer Raper, www.KitchenPsycho.com