Chicken Taco Stuffed Peppers
with pico de gallo and sour cream

NUTRITION per serving–Calories: 537, Carbohydrates: 23g, Fat: 26g, Protein: 49g, Sodium: 1689mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level
Intermediate

Spice Level
Mild
Roast Peppers and Prepare Ingredients
- Stem poblano peppers, halve lengthwise, seed, and remove ribs. Wash hands and cutting board after prepping.
- Place peppers on prepared baking sheet. Drizzle with 1 tsp. olive oil and massage oil into peppers. Turn cut side up and roast in hot oven until tender, 10-12 minutes.
- While peppers roast, halve and peel onion. Cut halves into ¼” dice.
- Core tomato and cut into ¼” dice.
- Mince cilantro (no need to stem).
- Halve lime. Juice one half and cut other half into quarters.

Make the Filling
- Pat chicken dry and, on a separate cutting board, cut into 1” dice. Place a medium non-stick pan over medium-high heat and add 2 tsp. olive oil. Add diced chicken to hot pan and stir occasionally until beginning to brown, 2-3 minutes.
- Reserve 2 Tbsp. onion. Add remaining onion to pan and stir occasionally until onion begins to get tender, 2-3 minutes.
- Stir in ¼ cup water, taco seasoning, and ¼ tsp. salt. Cook until water is almost evaporated and diced chicken reaches a minimum internal temperature of 165 degrees, 2-3 minutes.
- Remove from burner.

Prepare and Roast the Peppers
- Scoop filling evenly into poblano peppers. Top filling with cheese.
- Roast until cheese is melted, 8-10 minutes.

Make the Pico de Gallo
- Combine tomatoes, reserved onion, cilantro (reserve a pinch for garnish), 2 tsp. lime juice, ¼ tsp. salt, and a pinch of pepper in a mixing bowl. Set aside for flavors to marry.

Finish the Dish
- Plate dish as pictured on front of card, garnishing peppers with pico de gallo, sour cream, and reserved cilantro. Squeeze lime wedges over to taste. Bon appétit!