

# What's Cooking? Recipe

## Puffy Chili Relleno Casserole

Makes 9 servings

### **Ingredients**

7 oz can and 4 oz can whole green chilies  
4 flour tortillas, cut in 1" strips  
1/2 pound low fat Monterey Jack cheese  
2 cups egg substitute  
½ cup skim milk  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon garlic powder  
¼ teaspoon onion powder

**One serving equals a 3" square piece.**

### Preparation

- 1 Remove seeds from chilies.
  - 2 Put half of chilies in bottom of well-greased 9-inch baking dish.
  - 3 Top with tortillas strip and half the cheese. Repeat layers.
  - 4 Beat eggs, milk and seasonings together. Pour evenly over layers.
  5. Bake for 40 minutes at 350 degrees.
  6. Let stand 10 minutes before cutting.
- Serve with salsa.

**Nutritional Information Per Serving:** 212 calories, 16 g protein, 20 g carbohydrates, 7 g fat (4 g saturated fat), 1 g fiber, 804 g sodium, 17 g cholesterol

*Recipe from Baylor Scott and White THRIVE Cookbook*