



HEALTHY RECIPE
CONTEST WINNER!



Green Chile Relleno Casserole

Submitted by Elma Lieurance, GRMC Auxiliary Volunteer

"I love cooking Mexican food. The heat depends on the chiles; some seasons they're mild and other times they're hot. When my kids come home they expect this for dinner!"

INGREDIENTS

10 to 20 (depending on size) roasted skin-on New Mexico **green chiles***

2 cups shredded **Monterey jack cheese**

2 large **eggs**, separated

¼ cup **pancake mix** (just-add-water type)

½ cup shredded **longhorn cheese**



***TIP:** The best chiles are flat and meaty.

*Elma Lieurance with her
Green Chile Relleno Casserole*

PREPARATION

1. Preheat oven to 350 degrees. Peel, stem, and seed chiles. Layer chile strips and Monterey jack cheese in a 7" x 11" Pyrex pan.
2. Beat egg whites until stiff and frothy in a medium bowl. Fold egg whites into the egg yolks and pancake mixture until blended; pour over casserole. Top with the longhorn cheese.
3. Bake for 30 minutes at 350 degrees or until set; let stand five minutes.

NUTRITIONAL INFORMATION

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Send in your healthy recipe to receive a **FREE Good Health, Great Food** cookbook. Winning recipes could be featured in future issues of **Good Health!** Send recipes to lhowell@grmc.org or mail them to **Laura Howell, GRMC, 1313 East 32nd St., Silver City, NM 88061.**