



Orzo Stuffed Poblanos

10 portions

Ingredients:

2/3 box	Barilla® Orzo Pasta	1 1/4 bunch	Cilantro
5 ears	Corn	10 oz	Monterrey jack cheese
1-15 oz. Can	Black beans, drained	10	Poblano peppers
1 1/4 Tbsp	Olive oil	1/3 cup	Low fat sour cream
1 1/4 Tbsp	Minced garlic	1 1/4 Tbsp	Chopped cilantro
1 1/4 cup	Diced onions		
1 1/4	Zucchini		

Instructions:

1. Grill corn on hot grill until charred. Remove corn from cob and place in bowl.
2. Cook pasta according to package directions; drain and mix with corn.
3. Add black beans to pasta and corn.
4. Heat olive oil in large sauté pan over high heat and add garlic and onions, sauté for 30 seconds.
5. Add zucchini, sauté for one minute and add mixture to bowl.
6. Add cilantro and jack cheese to bowl and mix all ingredients until well combined.
7. Slice each poblano from stem to tip.
8. Fill with half of black bean orzo mixture.
9. Place the other half of mixture in bottom of microwave proof dish, top with stuffed Poblano.
10. Microwave for 3 minutes.
11. Serve with low-fat sour cream and chopped cilantro.

**Note: To roast poblano peppers, place on tray and broil until inside flesh becomes very soft and skin has large char marks (approximately 6-10 minutes). Turn peppers over every few minutes to ensure even cooking*

Recipe and phot courtesy of Barilla