

Meatless Mexican Monday

Written by Debbi Covington

Tuesday, 17 March 2020 14:08



It's that time of year when we all try to eat a little healthier so that we can squeeze back into our summer clothes. My recipes this week are all vegetarian with a Mexican twist. They're perfect for a Meatless Monday meal. Of course, if you must be a carnivore, you can always add a bit of chorizo to the Chiles Rellenos and/or the Quesedillas. Whatever you do, keep washing your hands and stay healthy! XOX

Chiles Rellenos

For presentation purposes, I used a 9-inch springform pan and sprayed it with cooking spray that contains flour.

2 (7-ounce) cans whole green chiles

1 (4-ounce) can chopped green chiles

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8 ounces Monterey Jack cheese, shredded

8 ounces cheddar cheese, shredded

1/3 cup whole milk

1/4 cup all-purpose flour

4 eggs, beaten

1/4 teaspoon baking powder

Fresh salsa

Sour cream

Lightly grease a 9x9-inch baking dish. Layer 1 can of chiles in the bottom of dish. Top with Monterey Jack cheese. Layer with remaining can of chiles and top with cheddar cheese. Whisk milk, flour, eggs, and baking powder together. Pour over top of chiles and cheese. Garnish with chopped green chiles. Bake in a preheated 350 degree oven for 35 to 40 minutes, until center is set. Serve with salsa and sour cream. Serves 6 to 8.

Corn and Tomato Quesadillas

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