



Swimsuit-Ready in 20 Days: Dinner Recipes

Chiles Rellenos with Brown Rice

2 large poblano peppers

6 ounces ground turkey breast

½ cup canned black beans, rinsed and drained

3 tablespoons tomato paste

1-½ cups cooked brown rice

Cooking oil spray

1 tablespoon ground cumin

1 pinch sugar substitute

Salt and cracked black pepper to taste

1. Preheat the oven to 400 degrees. Lightly coat the poblanos with cooking spray. Place them on a baking sheet and roast them on a baking sheet and roast for 20 minutes or until the skins begin to char. Remove the peppers from the heat. Immediately place them in the bowl and cover with plastic wrap to cool.

2. Carefully peel the poblanos and slit each one through one side. Remove the seeds with paring knife and rinse the peppers under cold water to wash out any remaining seeds. Leave the peppers as intact as possible. Set the peppers aside.

3. Coat a nonstick skillet with cooking spray and heat skillet. Add the ground turkey and cook until no longer pink. Add the black beans, tomato paste, and cumin; sugar substitute, salt, and cracked black pepper. Stir until well mixed. Spoon the turkey filling into the peppers.

To Serve: Spoon the cooked rice onto plates and top with the chilies. Garnish with fresh cilantro leaves, if desired.

Servings: 2