

Crab and Goat Cheese Poblanos with Mango Salsa

8 poblano chile peppers
2 egg whites
1 (8 oz) block part-skim mozzarella cheese, shredded
1 (4 oz) package goat cheese
2 garlic cloves, minced
1 tsp ground cumin
½ to 1 tsp freshly ground black pepper
¼ to ½ tsp dried red pepper flakes
1 (6 oz) can lump crabmeat, rinsed and drained
1 cup frozen kernel corn, thawed
½ cup chopped fresh cilantro
1 T fresh lime juice

mango salsa

1 mango, peeled and chopped (or jarred mango if not available)
1/3 cup diced red onion
1/3 cup chopped fresh cilantro
1 T fresh lime juice

garnish: chopped fresh cilantro

Broil chile peppers on an aluminum foil-lined baking sheet 5 inches from heat for 5 minutes on each side or until peppers look blistered. Place peppers in a large zip-top plastic bag; seal and let stand for 10 minutes to loosen skins. Peel peppers. Carefully cut peppers open lengthwise on one side, keeping stems intact; discard seeds. Set peppers aside.

Process egg whites in a food processor until foamy. Add mozzarella cheese and next 5 ingredients, processing until blended.

Place cheese mixture in a large bowl. Stir in crabmeat and next 3 ingredients.

Spoon crabmeat mixture evenly into peppers, pinching cut edges together to seal. Arrange stuffed peppers, seam side down, in a 13 X 9 inch baking dish greased lightly.

Bake, covered, at 375° for 25 to 30 minutes or until thoroughly heated. Top

with Mango Salsa, and garnish if desired.

Mango Salsa

Stir together all ingredients. Cover and chill until ready to serve.

Makes 8 servings