

THE WAY THE COOKIE CRUMBLES



Poblanos Stuffed with Black Beans and Cheese (inspired by Sara Forte's *The Sprouted Kitchen Cookbook*)

2 generous main course servings or 4 side dish servings

You can, of course, add more cheese, but I was trying to keep it light, and I found this amount to be satisfying.

4 medium poblano peppers
2 teaspoons oil
1 onion, diced
salt
2 cloves garlic, minced
1 (15-ounce) can black beans (about 2 cups)
 $\frac{1}{2}$ cup salsa
3 ounces cheddar, monterey jack, cotija, or queso fresco, shredded or crumbled
1 avocado, peeled and seeded
juice from $\frac{1}{2}$ lime
 $\frac{1}{4}$ cup Greek yogurt (or sour cream)
cilantro

1. Heat the oven to 425 degrees. Cut a slit in each pepper from the stem to the end. Place the peppers in a rimmed baking dish; bake for 15 minutes, until softened.

2. Meanwhile, heat the oil in a medium saucepan over medium heat. Add the onion and $\frac{1}{4}$ teaspoon salt; cook, stirring occasionally, until the onion is translucent, about 5 minutes. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the salsa and beans. Simmer, uncovered for 10 minutes. Remove from the heat and stir half of the cheese into the beans.

3. Remove the peppers from the oven. When they're cool enough to handle, use a paring knife to remove the seeds and veins. Pour out any liquid inside the peppers. Spoon one-quarter of the bean mixture into each pepper, then stuff the remaining cheese into the peppers over the beans. Transfer to the oven and bake until the cheese is spottily browned and the peppers are soft, 15-20 minutes.

4. In a small bowl, mash the avocado with a pinch of salt and half of the lime juice. In a separate bowl, mix the Greek yogurt with the remaining lime juice. Serve the roasted peppers with the avocado, yogurt, and a sprinkling of cilantro.