

Mexican Veggie Stacks August 2006 Good Housekeeping

2 tsp. hot Mexican-style chili powder or 1 T. regular chili powder

3 T. olive oil

Salt

¼ C. chopped fresh cilantro or lime basil leaves

2 T. fresh lime juice

1 large poblano or anaheim chile (6 ounces)

2 ears of corn, husks & silks removed

1 large red onion (14 ounces), cut crosswise into slices, do not separate into rings

1 medium zucchini (10 ounces), cut diagonally into ½" slices

2 large tomatoes (12 ounces each), cut horizontally in half

4 ounces Monterey Jack cheese with jalapeno chiles, shredded



1. Prepare outdoor grill for direct grilling over medium-high heat.
2. In a cup, combine chili powder, 2 tablespoons oil, and ½ teaspoon of salt; set chili oil aside. In a bowl, combine cilantro, lime juice, ¼ teaspoon salt, and 1 tablespoon of oil; set aside.
3. Place poblano and corn on hot grill rack. Grill 10 to 15 minutes or until the poblano is blistered on all sides and the corn is charred in a few spots, turning occasionally.
4. Remove the poblano from the grill; wrap in foil and set aside for 15 minutes. Transfer the corn to a cutting board.
5. Push a skewer horizontally through each onion slice to hold slice together. Brush sides of onion and zucchini and cut sides of the tomatoes with the chili oil; place on hot grill rack. Grill onion and zucchini 10 minutes or until tender, turning over once. Grill tomatoes 6 to 8 minutes or until slightly softened, turning over once. As vegetables are done, remove to a platter and keep warm.
6. Unwrap the poblanos; cut off the stem. Cut poblano lengthwise in half; peel off the skin and discard seeds, the cut into ¼" wide strips. Cut corn off from the cobs; add to cilantro mixture.
7. Assemble stacks: Remove skewers from onion slices. On each tomato half, cut side up; top with all of the zucchini, then half of the cheese. Arrange onion on top, separating them into rings; sprinkle with the remaining cheese then the poblano slices. Top with the corn mixture.

Each serving: About 340 calories, 13 g protein, 31 g carbohydrate, 21 g total fat (8 g saturated), 6 g fiber, 30 mg cholesterol, 670 mg Sodium.