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### **Poblano Pepper Creme Sauce - Ginger Chicken Burrito**

#### **INGREDIENTS for the Poblano Creme Sauce:**

3-4 poblano peppers, roasted and peeled  
1 small onion, diced or sliced  
2-3 cloves garlic, minced or sliced  
2 heaping tablespoons (8oz) whole fat, plain yogurt (can use sour cream)  
Handful of fresh cilantro  
1 tbsp of Olive oil  
Salt and pepper to taste

#### **INGREDIENTS for the Burrito:**

Small handful of fresh organic spinach, lettuce, or kale  
1 15 oz can of Black beans, rinsed and dried  
1/2 cup basmati rice or any other white, brown or wild rice  
Chicken, either white or dark meat, grilled, boiled or roasted, then shredded  
1 inch piece of fresh ginger root, peeled and minced for grilled chicken  
Shredded Mexican cheese blend  
6,8 or 10 inch soft tortillas (wrap or burrito), both sides heated in dry pan

#### **INSTRUCTIONS for Poblano Creme Sauce:**

- Roast the poblano peppers - turn the oven on broil, place the peppers on a baking sheet and into the upper-third of oven close to the broiler, but not too close to where they're touching. Turn them every 3 minutes until the skin of the peppers is wrinkled and charred on all sides.
- Place the roasted peppers in a bowl and cover with plastic wrap or Tupperware top for 10 minutes to sweat. Remove the plastic wrap, allow to cool and peel off the skin of the peppers. Cut stem, scrape the seeds, and roughly chop the peeled peppers.
- While the peppers are sweating, heat a small skillet over medium heat and add the olive oil, onions and garlic. Sauté for 8 minutes, stirring frequently, until onions have softened, become translucent and started to caramelize.

- Add peeled roasted peppers, cilantro, caramelized onions and garlic, yogurt, salt and pepper to blender and blend to a creamy paste, about one minute. Yields 1.5 cups of insanely delicious cream.

INSTRUCTIONS To Assemble Burrito:

1. Lightly heat tortilla in dry pan, on both sides, 1 minute/side, till lightly toasted
2. Have large flat plate ready to make the burrito.
3. With a spoon, apply poblano creme sauce to burrito. This acts as a base to anchor all other ingredients.
4. Add chicken next, followed by beans, rice, cilantro, spinach and cheese.
5. Once the tortilla is rolled as securely as possible (fold the bottom of the tortilla over the filling, tuck in the sides, and then continue rolling the tortilla as tightly as you can), *seal the burrito shut by placing the burrito **seam side down** on a hot skillet and cook the burrito for 30-60 seconds. The tortilla will brown slightly and should be secure!*

Enjoy!!! 🙏🧐