

Cooking for Wellness

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Chicken & Poblano Tacos with Crema

Yields 4 servings Ingredients

5 poblano chiles 4 boneless chicken thighs with skin (1 pound), pounded 1/2 inch thick Extra-virgin olive oil, for brushing Kosher salt Freshly ground pepper 1/2 cup chopped cilantro 12 warm corn tortillas Mexican crema or sour cream, shredded romaine



Instructions

serving

- Roast the poblanos directly over a gas flame or under a preheated broiler. turning, until charred all over.
- 2. Transfer the chiles to a bowl, cover with plastic wrap, and let steam for 15 minutes. Peel, seed, and stem the chiles, then cut them into 1/4-inch strips.
- 3. Light a grill or preheat a grill pan. Brush the chicken all over with oil and season with salt and pepper.
- 4. Grill over moderately high heat, turning once, until the skin is crisp and browned, about 8 minutes. Transfer the chicken to a carving board and cut into 1/2-inch strips.
- 5. In a medium bowl, toss the poblano strips with the chicken and cilantro and season with salt and pepper.
- 6. Serve the chicken-poblano filling in the warm tortillas with the crema, lettuce, onion, and lime wedges.