

Poblano Pepper and Potato Bake

Printed from Potato Recipes at <http://www.potatorecipes.net/>

An easy, healthy, and delicious dish that can be whipped up for a tasty weeknight dinner. Peppers, potatoes, and barley are cooked together for a hearty entree that is as good for you as it is delicious. Add a dash of Chipotle hot sauce for a spicy version, or serve with salsa verde for an exciting yet simple dish.

Ingredients:

6 large Poblano peppers, sliced
2 medium onions, chopped
1 tablespoon of olive oil
2 1/2 lb of russet potatoes, unpeeled, cooked, cubed
2 cups of cooked barley
2 tablespoons of finely chopped cilantro leaves
1 teaspoon of dried cumin
Salt, pepper, and cayenne, to taste

Directions:

1. In large skillet heat olive oil. Saute peppers and onions until crisp but tender, about 4 minutes.
2. Add cubed potatoes and saute over medium heat until browned, approx. 6-8 minutes.
3. Add cooked barley and stir to combine. Continue cooking over medium heat until heated through. Stir in cilantro and cumin, and season to taste with salt and pepper. Serve immediately.

Author: Catherine Herzog