**[Carol’s Roasted Poblano Pepper Taco Shells](http://zradio.org/quick-family-recipes/poblano-peppers/" \t "_blank)**

I LOVE tex-mex food, but sadly tortillas and chips and crunchy shells and all that stuff just aren’t as good for you as I need them to be. Today we’re roasting Poblano Peppers, and my low-carb friends and everyone just trying to be healthy will love this week’s Quick, Family Recipe!

These are those giant green chili peppers that you find in the grocery store aisle next to the jalapeños and the habaneros and those long skinny yellow peppers. I think we all avoid them because they aren’t a bell pepper and they are sold next to those spicy peppers, so we all assume they’re spicy and have no idea what to do with them! I’m excited, because they are not spicy…in fact roasting them along with taking the seeds and veins out will ensure that you don’t bite into spice. They add this savory pop of roasted goodness to your dish.

I usually buy them at Publix, Winn Dixie or Super Target. Sometimes the grocery stores don’t know what to call them, but just make sure they look exactly like the ones in the picture below…there’s nothing else that even remotely looks like them.

So, let’s get roasting…

**Ingredients:**

* 10-12 Poblano Peppers
* Olive Oil
* **Optional:**Taco Meat, Cheese and Taco Toppings

**How to Make:**

* Brush the outside with olive oil.
* You can throw these on the grill or under the broiler on a baking sheet in your oven at home. If you broil them, it will take about 20 minutes and the grill will only take 8-10 minutes.
* Keep turning them as each side chars and blisters.
* Bring them in and throw them in a paper bag or air tight container to let steam for 10 minutes. This will help you in the next step to help peel the skin. If I’m in a hurry, I’ll throw them in an ice bath to allow them to stop the cooking and to cool them down in order to get me to the next step quicker.
* Peel the skin off. You won’t enjoy eating them with the skin on…it’s like eating paper.
* Pull the top off and slice down one side to clean out all the veins and seeds (this is where the spice would live so I like to remove all doubt, even though roasting usually does the trick and these aren’t typically spicy, anyway). I usually run them under water to help remove the seeds.
* I place them in a strainer to help get rid of all the excess water.
* Now you’ve got Taco Shells and are ready to eat!!!
* You can use them however you like. I really LOVE using them in place of taco shells, and usually just stuff them with taco meat. Sometimes I throw in rice and beans with it, also. Place them in an oven safe dish, smother them in cheese and bake in the oven. Everything is cooked at this point, so it’s just to melt the cheese. Top with your favorite taco ingredients like avocado, shredded lettuce, sour cream, black olives…whatever else you can think of to top off your tacos and Enjoy!

Next week I’ll share a recipe for chicken enchilada stuffed poblano peppers…yum! We’d love to see your family enjoying roasting poblano peppers together. Share them on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/).

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