Chile relleno "soufflé"

Ada Crosby, Camino, CA

Crosby made some adjustments to a cheese soufflé recipe from Sunset's October 1997 issue to create this delectable Southwestern version. Queso fresco (fresh Mexican cheese) is available at Latin American markets and some supermarkets.

PREP AND COOK TIME 1 hour

MAKES 4 servings

NOTES You can also char the chiles on the burners of a gas stove or on a grill.

1½ lbs. whole green chiles (Anaheim or New Mexico)
2 tbsp. vegetable oil
1 medium onion, chopped
2 tsp. salt
4 corn tortillas (6 in. each), cut into 1-in. pieces
½ lb. queso fresco or jack cheese, grated
4 large eggs, separated
2 tbsp. flour
½ cup chopped cilantro
Hot sauce and/or salsa (optional)

1. Preheat broiler. Arrange chiles in a single layer on a baking sheet and broil until charred on all sides, turning chiles as necessary. Wrap in foil and let sit 15 minutes. Remove charred skin, stems, and seeds. Chop chiles and set aside.

2. Preheat oven to 375°. Heat oil in a large frying pan over medium-high heat, add onion and 1 tsp. salt, and cook, stirring, until onion is soft. Add tortillas and stir to coat. Transfer onion-tortilla mixture to an 8- by 8-in. baking pan.

3. In a small bowl, whisk egg yolks with flour. In a large clean bowl with a clean whisk or beaters, beat egg whites and remaining tsp. salt until soft peaks form. Fold egg whites into egg yolk mixture; spread half on the casserole. Sprinkle remaining chiles on top. Spread remaining egg mixture over chiles and sprinkle with remaining queso fresco. Bake until golden and puffy, 20 to 25 minutes. Sprinkle with cilantro and serve with hot sauce.

PER SERVING 450 CAL., 54% (243 CAL.) FROM FAT; 21 G PROTEIN; 27 G FAT (13 G SAT.); 31 G CARBO (4 G FIBER); 1,687 MG SODIUM; 252 MG CHOL.

Walnut-zucchini bread

Mary Watson, Scottsdale, AZ

This is our new favorite way to eat more zucchini. "My family loves this for dessert," claims Watson. "It's easy to make and keeps well too."

PREP AND COOK TIME 75 minutes

MAKES 8 servings; 16 slices

3 large eggs
2 cups sugar
1 cup vegetable oil
2 cups grated zucchini
½ tsp. vanilla
3 cups flour
2 tsp. cinnamon
1 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
¾ cup chopped walnuts

1. Preheat oven to 350°. Grease 2 loaf pans (9 in.). In a large bowl, beat eggs cinnamon, salt, baking powder, baking soda, and nuts; stir until just combined.

2. Pour batter into pans. Bake until a toothpick inserted in the center of each loaf comes out clean, 50 to 60 minutes. Cool loaves 10 minutes in pans, then turn out onto a rack and cool completely before slicing.

PER SERVING 721 CAL., 47% (342 CAL.) FROM FAT; 9.2 G PROTEIN; 38 G FAT (5 G SAT.); 90 G CARBO (2 G FIBER); 540 MG SODIUM; 79 MG CHOL.

Silky chocolate tart

Sara Moufarrige-Doepke, San Jose

"My mum gave me this recipe. It's great because it only takes 20 minutes to prep," says Moufarrige-Doepke, who was born in Lebanon and grew up in London. Break out the best chocolate you can find. It makes a difference.

PREP AND COOK TIME 45 minutes

MAKES 8 servings

1 cup heavy whipping cream
7 oz. bittersweet chocolate, chopped
1 egg yolk
1 prebaked pastry shell (9 in.)

1. Preheat oven to 325°. In a small saucepan, bring cream to a simmer. Remove from heat and add chocolate. Stir until chocolate is completely melted. Let sit 5 minutes. Stir in egg yolk until thoroughly combined.

2. Pour into pastry shell and bake until center of tart is just starting to firm up, about 25 minutes. Let cool to room temperature.

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