

Idiot's Kitchen Shopping List – Chicken with Poblano Cream Sauce

Recipe from www.idiotskitchen.com – adapted from *Mexico the Beautiful Cookbook*



Ingredients:

3 boneless, skinless chicken breast halves

1 Poblano pepper

½ medium Onion

Olive Oil

Heavy cream

Butter

Flour

Milk

½ cup sharp white cheddar cheese, grated

Salt & Pepper

Rice for serving (not pictured)