

Zucchini, Black Bean & Rice Skillet

Servings: 6

INGREDIENTS

1 TBSP OLIVE OIL
1 1/2 CUPS ZUCCHINI, QUARTERED
LENGTHWISE
1 1/2 CUPS GREEN PEPPER, DICED
1 CAN (15 OZ) BLACK BEANS, RINSED,
DRAINED
1 CAN (14.5 OZ) DICED TOMATOES
WITH GARLIC, UNDRAINED
3/4 CUP WATER
1 CUP INSTANT BROWN RICE
1/2 CUPS SHREDDED CHEDDAR AND
MONTEREY JACK CHEESE BLEND



DIRECTIONS

STEP 1: Heat oil in deep skillet over medium heat. Add zucchini and bell pepper – cook 5 minutes, stirring occasionally.

STEP 2: Add beans, undrained tomatoes and water. Increase heat and bring to a boil. Add rice; stir well. Cover; remove from heat and let stand 7 minutes until liquid is absorbed.

STEP 3: Sprinkle with cheese.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 227, Fat 5g, Protein 10g, Carbs 37g

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