

Zucchini Boats

Servings: 4

RECIPE BOX

INGREDIENTS

4 LARGE ZUCCHINI
1 15 OUNCE CAN BLACK BEANS
1 CUP COOKED BROWN RICE
1 CUP SALSA
1 RED BELL PEPPER, CORED AND DICED
1/2 RED ONION, DICED
1/2 CUP CORN KERNELS
1 JALAPENO or POBLANO, CORED AND DICED
1 TBSP + 1 TSP OLIVE OIL
2 TSP CUMIN
1 TSP CHILI POWDER
1/2 CUP FRESH CILANTRO, FINELY CHOPPED
1 CUP SHREDDED CHEDDAR/MONTEREY JACK CHEESE



DIRECTIONS:

STEP 1: Preheat oven to 400F – grease a 9 x 13 casserole dish and set aside.

STEP 2: Slice each zucchini in half lengthwise. Using a melon baller or metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with one teaspoon of olive oil then place them skin side down in casserole dish.

STEP 3: Warm TBSP of olive oil in a large skillet over medium heat. Add onion and peppers, cook for 2-3 minutes. Add rice, corn, beans, and salsa, chili and cumin. Stir and cook for 5 minutes.

STEP 4: Stir ¼ cup of the cilantro and salt to taste to the filling. Spoon the filling inside each of the zucchini until they are full. Sprinkle each one with cheese then arrange in dish, cover with foil.

STEP 5: Bake in the oven for 25 minutes until cheese is bubbly and golden brown. Allow to cool for 5-10 minutes, then top with fresh cilantro and serve.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 427, Total Fat 3g, Carbs 83g, Protein 22g, Fiber 16g, Sugars 8g.

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