

BEYOND HUNGER

TACO STUFFED ZUCCHINI BOATS

Taco stuffed zucchini boats are a fun and flavorful way to dress up this summer squash. Enjoy the ingredients you love in tacos with the freshness of zucchini. You'll bring the ingredients to life with the addition of many flavors from the seasonings.

Yield: 4 servings

Ingredients:

- 1/3 cup **dry brown rice**
- 4 medium-large **zucchinis**
- 1 Tbs **olive oil**
- 1 medium **onion**, diced
- ½ **bell pepper**, diced
- 3 **cloves garlic**, minced
- ¼ tsp **cumin**
- ¼ tsp **dried oregano**
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- ¼ tsp **paprika**
- ¼ tsp **salt**
- 1, 15 oz. can **low sodium black beans** (or 1.5 cup beans prepared from dry)
- ½ - 1 cup **shredded cheese** (like mild cheddar or Mexican blend)

Instructions:

1. Preheat the oven to 400° F. Lightly grease a baking dish.
2. Prepare rice according to the box instructions.
3. Cut the zucchinis in half long ways and gently scoop out the inside flesh of the zucchini.
4. In a skillet over a medium heat, heat the oil and add the onion and pepper to sauté for 5 minutes. Add in garlic, spices, and salt and cook for an additional 2 minutes.
5. Add in the black beans and cook for about three minutes until the black beans are heated through. Take the mixture off the heat.
6. Dividing evenly, spoon the mixture into the hollowed zucchinis and place them in the greased baking dish.
7. Top the zucchini boats with cheese and placed them the greased baking dish.
8. Bake for 30-35 minutes or until the zucchini is soft and the cheese is bubbly.

Per Serving: Calories 259, Protein 13.2 g, Saturated Fat 5.3 g, Sodium 457 mg, Fiber 8.6 g, Sugars 2.4 g

This recipe was adapted from foodwithfeeling.com