

MEXICAN ZUCCHINI BURRITO BOATS

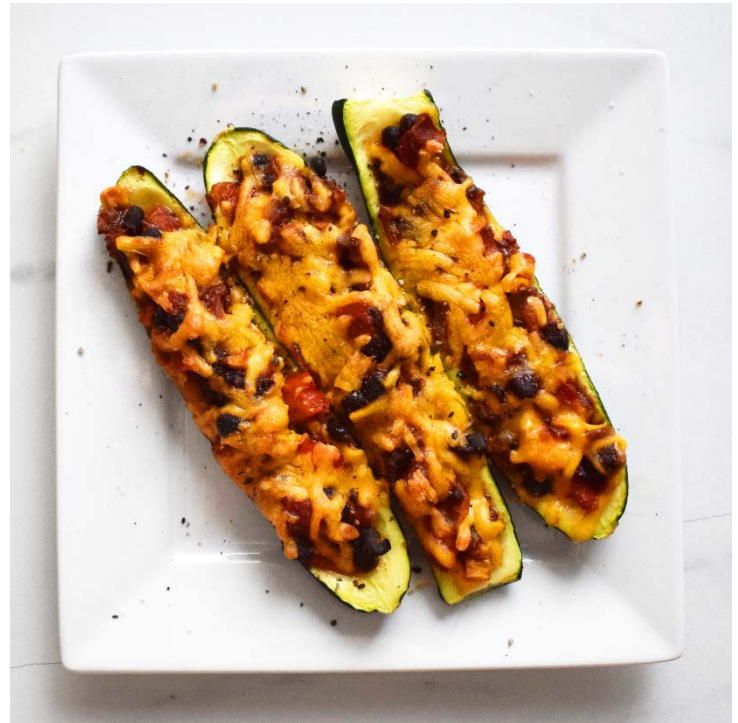
Prep time: 10 minutes | Cook time: 40 minutes

4 Servings | Calories: 290 | Protein: 15 | Fat: 11 | Carbs: 33

Gluten-Free, Vegetarian

INGREDIENTS

- 4-6 large zucchini, cut in half lengthwise
- 1 15 oz. can black beans, drained and rinsed
- 1/2 cup salsa
- 1/2 red bell pepper, cored and diced
- 1/4 red onion, diced
- 1/2 cup corn kernels
- 1 Tbsp. coconut oil
- 1 Tbsp. taco seasoning
- 1 tsp. paprika
- Sea salt, to taste
- 1/2 cup cheddar cheese



DIRECTIONS

1. Grease a 10x15 casserole dish with coconut oil and set to the side. Preheat oven to 400 F.
2. Once zucchini are halved, remove the center with a melon baller or spoon to form a small “dish”. Place zucchini face up on the casserole dish.
3. In a large skillet, heat up the oil until melted. Add onion and red pepper and sauté for about 3 minutes, until slightly cooked. Add corn, beans, salsa and taco seasoning and let mixture simmer on low for about 10 minutes.
4. Carefully spoon the veggie mixture evenly into the zucchini boats. Once filled, top lightly with cheese.
5. Bake for 30 minutes, until cheese is melted. Then broil on low for 5 minutes to brown the cheese, but this is optional. Remove from oven and let cool.