**Mexican Style Zucchini Boats**



**8 Servings**

**Ingredients:**

 1 (15 ounce) can black beans

½ cup corn, kernels

1 red bell pepper

½ red onion

4 zucchini, large

1 cup salsa

1 cup brown rice, cooked

1 tsp chili powder

1 cup cheddar/ Monterey jack cheese

1 tbsp + 1 tsp olive oil

**Directions:**

1. Grease 9x13 dish and set aside. Slice each zucchini in half lengthwise and hollow out the centers. Lightly brush the tops with 1 tsp of olive oil and set them skin side down in the dish.

2. Warm the tbsp. of olive oil in a large skillet over medium heat. Add onion and peppers and cook for 2-3 mins. Add the rice, corn and beans along with the salsa and chili powder. Stir everything together and cook for 5 minutes. Add salt to taste. Remove skillet from heat and set aside.

3. Preheat oven to 400° Spoon the filling inside each zucchini until full. Sprinkle each with cheese and cover the dish with foil. Bake in oven for 25 minutes. Remove foil and cook for 5 more minutes until cheese is bubbly and golden brown.

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**Mexican Style Zucchini Boats**

**(Recipe on Back)**

Try this vegetarian dinner!

* Try Meatless Monday! This recipe is great and easy for the whole family
* 11.5 grams of protein per boat!

Black Beans

- Provide a great mix of protein and fiber

- Good for regulating the digestive system, blood sugar control, and the heart

- Contain antioxidants

Vegetables

- Corn, bell peppers, onion, zucchini all provide essential vitamins and minerals important for a healthy pregnancy and lifestyle

Brown Rice

- Rich in essential vitamins and minerals

- High in fiber

- Contains antioxidants

- Helps to stabilize blood sugars

* Add lean ground beef or turkey for added protein!



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