



## Mexican Zucchini Burrito Boats ( ES ) ( OP W )

Serving: 1

Veg

### *Ingredients*

- -Black beans ,drained and rinsed - 1 tbsp
- -Brown rice ( raw ) - 1 tbsp
- -Medium sized zucchini - 1
- -Corn kernels - 1tbsp.
- -Red bell pepper , cored and diced - 1 small
- -Red onion , diced - 1/2
- -Jalapeno, cored and diced - 2 tbsp
- -Salsa (diced tomatoes, whole tomatoes, onions ,garlic, cumin, salt, sugar, limejuice)- 1 tsp.
- -Cumin seeds - 1/4 tsp.
- -Chili powder - 1/2 tsp.
- -Fresh cilantro, finely chopped - 1 tsp.
- -Olive oil - 1/2 tsp.
- -Salt to taste

### *Preparation Method*

1. Start by greasing a 9 x 13
2. Heat the olive oil in a large skillet over medium heat . Add the onion and the peppers and cook for 2-3 minutes. Then add the brown rice, corn and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.
3. Preheat the oven to 400 F and then stir in the cilantro and salt to add taste to the filling. Spoon the filling inside each zucchini until they are all full. Then arrange them in the dish and cover with foil. Bake in the oven for 15 minutes then remove the foil and set the oven to broil.
4. Allow them to cool for 5-10 minutes then top with fresh cilantro and serve.