

INGREDIENTS

- 4 medium zucchini sliced in half, scoop out the center, rough chop small and save
- 2 tbsp Olive oil
- 1/2 small onion, diced
- 2 garlic cloves, minced
- 1 large or 2 small carrot, shredded
- 1/3 cup fresh peas
- 1/3 cup cherry tomatoes
- 1 chiles, deseeded and diced
- 1 1/2 teaspoon ground cumin
- 1 1/2 teaspoon dried oregano
- 1 tbsp tomato paste
- 2 tbsp fresh cilantro chopped
- 1 1/2 cup beans, pinto or black beans
- 1 1/2 cup queso fresco

DIRECTIONS

1. Preheat your oven to 450°F and line a baking dish with parchment paper or aluminium foil
2. Heat a frying pan with the olive oil, brush the zucchini halves with olive oil and lay upside down, cook till slightly browned, remove them to the baking pan.
3. Next add to the frying pan the minced onions and cook for 2 minutes then add the garlic, ground cumin, dried oregano tomato paste, shredded carrots, fresh peas and saved zucchini filling cook for 3 minutes.
4. Last add the cherry tomatoes, black beans, cilantro, chili and Queso fresco. Salt and pepper to taste.
5. Fill the zucchini boats with the mixture and bake in the baking dish till tender, approximately 20 minutes.

STUFFED ZUCCHINI BOATS

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TOTAL TIME: 40MIN

SERVINGS: 4

CALORIES: 1127 KCAL



Everyone's
Harvest

