



Zucchini Burrito Bowls

Prep Time: 15 min

Cook Time: 1 hr

Serves: 4

NUTRITION FACTS, PER SERVING:

230 Calories

6.8 g fat

483.5 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 4 medium or 2 large zucchinis
- 1 (15 oz) can black beans, drained and rinsed
- 1/2 cup basmati rice
- 1 cup salsa
- 1 red bell pepper, diced
- 1/2 red onion, diced
- 4 ears of corn
- 1 jalapeno, ribs and seeds removed and diced
- 1 TB olive oil**
- Burrito Spice Blend (1 TB cumin & 1.5 tsp chili pwdr)
- 1/4 cup fresh cilantro, chopped
- Salt & black pepper, to taste**
- 1 cup shredded cheddar cheese
- Non-stick cooking spray**
- Aluminum foil**

1. Preheat oven to 400 degrees. Grease a 9x13" casserole dish with **non-stick cooking spray**.
2. Rinse **basmati rice** under cold running water. In a medium pot, add **rinsed rice**, **3/4 cup water**, pinch of **salt**, **1 TB oil**, bring to a boil, stir once, then cover, reduce heat to low, and simmer for 8 minutes. Remove pan from heat and let stand for 5 minutes. Remove lid and fluff with a fork.
3. Dice the **jalapeno** and set aside. **(Removing the white ribs and seeds reduces the heat level. Use caution when handling hot peppers and avoid touching your eyes)** Shuck **corn** and cut kernels off the cob, set aside. Slice the **zucchini** in half lengthwise. Using a melon baller or spoon, hollow out the center of each **zucchini**, save scraps. Lightly brush the tops of the zucchini halves with **olive oil** then place in the casserole dish to be filled.
4. Warm **1 TB olive oil** in a large skillet over medium heat. Add the **diced onion**, **diced red pepper**, **diced jalapeno pepper**, and **zucchini scraps**, cook for 5 minutes. Then add the **cooked rice**, **corn kernels**, drained and rinsed **black beans**, **salsa**, **Burrito Spice Blend**, and **salt & pepper to taste**. Stir to combine and cook for 3 minutes then remove the skillet from the heat and stir in **1/4 cup chopped cilantro**.
5. To assemble, spoon the filling inside each **zucchini** until they are all full. Cover with **foil** that has been sprayed with **cooking spray** to prevent the foil from sticking. Bake in the oven for 30 minutes then remove the foil, sprinkle the tops with cheddar cheese and cook uncovered for 5 to 10 minutes more, until cheese is melted.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:

