

Vegetarian Zucchini Boats



Total:

30 mins

Sirve:

4 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Cutting Carbs? Protein packed with black beans and quinoa, this recipe brings you all the delicious flavor without the guilt. Not only can you cook this without a drop of oil, but the Saladmaster Grand Gourmet also offers enough room to make dinner for the entire family all in one skillet in 30 minutes!

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4 zucchini's, cut in half longways and inside scooped out
 1 medium
 onion, strung, use Cone #2
 1 small
 tomato, diced
 ½ cup
 bell pepper, any kind, diced
 2 jalapeños, picked, diced
 1 tbsp
 chili powder
 1 tbsp
 cumin
 1 tsp
 oregano, dried
 1 cup
 corn, yellow
 1 cup
 black beans, drained
 2 tbsp
 cilantro, fresh
 1 ½ cups
 quinoa, cooked
 1 cup
 Monterrey jack cheese, shredded, use Cone #1
 salt/pepper to taste

Preparación :

1. In a skillet, add onions, tomatoes, bell peppers, jalapenos, spices, corn, black beans, cilantro and cooked quinoa and cook for 7 minutes.
2. Cut the zucchini longways and scoop out the inside with a spoon to create a "boat"
3. Take the quinoa filling and spoon it into the zucchini boats and place them into the Saladmaster Grand Gourmet Skillet and cover. Cook for approximately 20 mins or until the zucchini has reached your desired doneness.
4. Sprinkle cheese on top and cover and cook for 2 minutes, or until cheese has melted.
5. If desired, garnish with cilantro and lime.

Información nutricional por ración

Calorías: 170
Grasa Total: 6g
Grasa 1g
Saturada:
Colesterol: 1mg
Sodio: 581mg
Carbohidratos: 24g
Fibra 3g

Dietética:**Azúcar:** 2g**Proteína:** 5g