



Recipe Developed by Ellen Adams
for Cooking With Heroes
at EquiCenter, INC.

Taco Stuffed Zucchini Boats

Ingredients:

2-4 medium or large zucchini
1lb lean ground beef, vegan mince, or 2 cans black beans
¼ c minced onion
1 tsp ground cumin
1 tsp onion powder
1 tsp garlic powder
1 tsp smoked paprika
1 tsp chili powder
½ tsp salt
½ tsp oregano
½ c salsa
¾ c shredded cheddar cheese (optional)
2 scallions, finely chopped

Directions:

1. Preheat oven to 400 degree F. Slice zucchini in half, lengthwise. Hollow out zucchini with spoon leaving ¼ inch shell. You can save hollowed out zucchini chunks and add them to the taco mixture. Place zucchini into large baking sheet lined with parchment paper.
2. In a small bowl, add cumin, onion powder, garlic powder, paprika, chili powder, salt and oregano. Mix together.
3. In a large skillet, add protein of choice and onions. Bring to medium high heat and cook until protein is nearly done. Sprinkle with seasoning mix. If cooking meat, continue to cook until meat is no longer pink. Stir in salsa.
4. Fill zucchini with taco mixture. Place in oven and bake for about 10 minutes or until zucchini is just cooked. Reduce oven temperature to 350 degrees F. Sprinkle cheese over zucchini. Place back into oven and cook an additional 5 minutes so cheese is melted over zucchini boats. Sprinkle scallions over zucchini before serving.

Serves 4.