

Stuffed Zucchini Boats

SERVINGS
4

PREP TIME
5 MIN

COOK TIME
30 MIN

TOTAL TIME
35 MIN

Crisp-tender zucchini filled with a flavorful blend of tender black beans, sweet corn, and zesty spices. Topped with a creamy, tangy tahini sauce for a satisfying plant-based meal.

ORGANIZING
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Ingredients

Directions

1

•4 Medium Zucchini

- Preheat oven to 400°
- Wash and cut off top and bottom of zucchini, then slice in half lengthwise.
- Scoop out center seeds if desired.
- Place skin side down on large baking sheet and roast 20-30 minutes until fork tender or desired tenderness (*will vary based on size of zucchini chosen*).

2

•Olive Oil
•1 Large Onion
•1 Large Bell Pepper
•1-2 Jalapeno Peppers

- Drizzle olive oil in large skillet and warm up over medium heat.
- Dice onion and bell pepper.
- Dice jalapeno (and seed to decrease heat, if desired).
- Add onion and peppers & cook until translucent, about 5 min.

3

•1 T Minced Garlic
•1 tsp Ground Cumin
•1 tsp Chili Powder

- Add garlic, cumin & chili powder & cook for about another two minutes.

4

•1 Can Black Beans
•½ Can Corn (+/-)
•Salt & Pepper (to Taste)

- Drain and rinse both black beans, add to skillet.
- Drain corn and add to skillet.
- Cook until fully heated though, about 3 minutes.
- Taste mixture and add salt & pepper to taste.

5

Tahini Sauce

•¼ C Tahini
•3 T Water
•2 T Lemon Juice
•1 T Apple Cider Vinegar
•1 T Nutritional Yeast
•1 tsp Chili Powder
•Salt to taste

- Combine all ingredients together and mix well to incorporate all, becoming a creamy sauce consistency.
- Add more water to dilute, if needed.
- Taste and adjust seasonings to your preference.

TO SERVE

- Scoop black bean filling into zucchini and top with tahini sauce.
- Add additional nutritional yeast and salt & pepper as preferred.