

## **Zucchini Boats**

Makes -4 servings

### **Ingredients**

4 small Zucchini

2 teaspoons olive oil

1 small onion, chopped

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon dried oregano,

$\frac{1}{2}$  teaspoon dried basil

Black pepper per taste

1& $\frac{1}{4}$  cup marinara sauce

4 ounces shredded mozzarella cheese (1/2 cup)

chopped fresh parsley for garnish

2 cups boiled/cooked black beans for stuffing

### **Steps for cooking**

1. Preheat oven to 450 degrees F. Spray 3-quart baking dish with nonstick cooking spray.

2. Cut 4 small zucchini lengthwise in half. With small spoon, scrape out insides, leaving 1/4-inch shell. Chop insides.
3. In a skillet, heat oil over medium high heat until hot. Add chopped, zucchini, onion, salt, black pepper. Cook stirring for a few mins. Add already cooked beans and cook for a few mins again till the mixture is combined.
4. Spread marinara sauce in bottom of prepared baking dish. Arrange zucchini shells on top, cut sides up. Spoon the zucchini and bean mixture into shells. Top evenly with mozzarella. Cover with foil. Bake for 30 minutes. Uncover, bake for 5 more minutes or until cheese browns.
5. Garnish with parsley.

TIP: Drain cooked black beans completely then spread and bake for about 15 mins on a tray at 350F. This helps with beans not becoming mushy.

