



Spicy Vegetarian Stuffed Zucchini

Ingredients:

- 2 medium zucchini
- 2 tablespoons olive oil
- ½ onion, diced
- 2 cloves garlic, minced
- 1 can black beans, drained
- 1 can corn, drained
- 1 cup enchilada sauce
- ½ teaspoon salt
- 1 teaspoon cumin
- ½ cup shredded cheese

Directions:

Preheat the oven to 400°F

Cut zucchini in half lengthwise and scoop out the insides to form boats.

In a skillet, heat olive oil over medium heat. Sauté onion until translucent, then add garlic and zucchini pulp, cooking until soft.

Stir in black beans, corn, enchilada sauce, salt, and cumin. Cook until mixture is heated through. Fill zucchini boats with the mixture, top with cheese, and bake for 30 minutes until bubbly and golden.