

Mexican Zucchini Burrito Boats

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/true-mexican-burrito-recipe>

Ingredients:

- 4 zucchini large
- 15 ounces black beans drained and rinsed
- 1 cup cooked brown rice
- 1 cup salsa use your preferred level of spiciness
- 1 red bell pepper cored and finely chopped
- 1/2 red onion large, finely chopped
- 1/2 cup corn kernels
- 1 jalapeno or poblano pepper, cored and diced
- 1 tablespoon olive oil
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1/2 cup fresh cilantro finely chopped
- salt to taste
- 1 cup shredded cheddar /monterey jack cheese

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 13 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 1410 milligrams
9. Sugar: 11 grams

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