



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Taco Zucchini Boats (Dairy Free) SERVES approx. 4

CATEGORY Main Dish PREP TIME 10 min COOK TIME 15 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE

GLUTEN FREE

DAIRY FREE

INGREDIENTS

TACO MIX

1 cup	cooked & cooled quinoa
1 cup	cooked & cooled black beans
1 cup	cooked & cooled yellow corn
3/4 cup	diced roma tomatoes
1/2 cup	diced sweet onion
1/4 cup	chopped fresh cilantro
3 tbsp	avocado oil
3 tsp	taco seasoning

4 medium zucchinis

LIME AVOCADO SAUCE

1 large	ripe avocado
1/2 cup	avocado oil
1 small	lime
1/4 cup	chopped fresh cilantro
1 clove	minced garlic
	salt to taste

DIRECTIONS

1. Preheat oven to 350.
2. In a large bowl, mix together quinoa, black beans, corn, tomatoes, onion, & cilantro.
3. In a separate smaller bowl, whisk together avocado oil & taco seasoning until well combined.
4. Evenly mix seasoning oil into the stuffing mixture and set aside.
5. Cut 4 medium zucchinis into two equal halves, length ways.
6. Using a metal spoon, remove the soft middle flesh from the zucchinis.
7. Fill each zucchini boat with the stuffing mix and place on a baking sheet.
8. Bake for approximately 15 minutes or until zucchinis are tender.
9. Separately, use an immersion blender to combine avocado, oil, lime, cilantro, garlic and salt for sauce.
10. Drizzle lime-avocado sauce over zucchinis while still hot and serve immediately.

MY NOTES
