



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Taco Zucchini Boats 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
1/4 cup avocado oil
1/4 cup plain greek yogurt
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, yogurt, lime, cilantro, garlic and salt.
10. Drizzle lime-avocado sauce over zucchinis while still hot and serve immediately.

MY NOTES
