

Pinto Fajita Zucchini Boats

INGREDIENTS

- 4 zucchinis
- 2 teaspoons vegetable oil
- 3/4 cup uncooked dried pinto beans
- 1/2 red onion, diced
- 1 green pepper, diced
- 1 red bell pepper, diced
- 1 tbsp fajita seasoning
- 1 cup low-fat mozzarella cheese

TIME: 30 MINUTES SERVINGS: 4

*CARBS PER SERVING: 48G
*SUGARS PER SERVING: 11G

*estimated



ADAPTED FROM: SLENDERKITCHEN.COM



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PROCEDURE

1. Preheat oven to 400 degrees
2. Cook pinto beans according to package
3. In a large skillet, heat vegetable oil and add pinto beans, onions, and peppers. Cook until veggies are tender, about 6-8 minutes.
4. Add in the spices and cook for 1-2 minutes
5. Cut zucchini in half and scoop out the center using a spoon to create a "boat"
6. Fill the boats with bean-fajita mixture; top with cheese
7. Bake for 20 - 25 minutes or until cheese is bubbling and zucchini is tender




This diabetes-friendly recipe features pinto beans and vegetables which are sources of fiber. Fiber works to help regulate blood sugar levels while promoting a feeling of fullness.



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