

Serves 4 • Serving size: 1 boat



PREP: 10 minutes
COOK: 25–30 minutes

Quinoa & Black Bean ZUCCHINI BOATS

In this vegan-friendly (though sure to please every palate) alternative to our Beefy Zucchini Boats, black beans and quinoa offer the hearty protein of the delicious original.

- 15-oz./425 g can black beans, drained & rinsed
- 1 small onion, chopped using Chop 'N Prep Chef
- 8-oz./225 g Roasted Tomato Sauce (see separate recipe card)*
- 1 cup frozen corn
- 2 tsp. dried oregano
- 1 tsp. cumin
- ½ cup quinoa
- 1 cup water
- 1 tsp. coarse kosher salt
- 2 large zucchinis
- 1 avocado, diced for serving

1. Combine beans, onion, tomato sauce, corn, oregano and cumin in TupperWare® Stack Cooker 3-Qt./3 L Casserole.
2. Combine quinoa, water and salt in Stack Cooker 1¼-Qt./1.75 L Casserole.
3. Stack Casseroles, cover and microwave on high power 20 minutes.
4. Half zucchinis lengthwise and remove seeds with a spoon.
5. Remove Stack Cooker from microwave and stir quinoa into black bean mixture. Place zucchini boats in 3-Qt./3 L Casserole and in the inverted ¾-Qt./750 mL Casserole/Cover.
6. Spoon quinoa mixture over each zucchini boat. Stack casseroles again and microwave on high power 5–8 minutes longer, depending on desired doneness of zucchini. Serve topped with diced avocado.

*Or use jarred, if handy.

Nutritional Information (per serving):

Calories: 380 Total Fat: 17g Saturated Fat: 2.5g Cholesterol: 0mg Carbohydrate: 51g Sugar: 8g Fiber: 16g Protein: 13g Sodium: 1050mg Vitamin A: 15% Vitamin C: 60% Calcium: 10% Iron: 20%

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TO DEMO



TupperWare® Stack Cooker
3-Qt./3 L Casserole

OPTIONAL



Chop 'N Prep
Chef

Measuring
Cups

Measuring
Spoons

Silicone
Spatula

date
me

Tupperware®

