

Tex Mex Stuffed Summer Squash with Black Beans

Prep Time: 15 Min Cook Time: 35 Min Total Time: 50 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2 squash halves

Amount Per Serving

Calories 218 Calories from Fat 18

% Daily Value *

Total Fat 2g	3%
Saturated Fat 1g	5%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 4mg	1%
Sodium 1089mg	47%
Total Carbohydrate 36g	12%
Dietary Fiber 13g	49%
Sugars 11g	

Protein 15g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 4 summer squash (or zucchini)
- 2 cup canned black beans, rinsed and drained
- 1 garlic clove, minced
- 1/2 cup red bell pepper, diced
- 1 cup onion, minced
- 1/2 tsp cumin
- 1 cup enchilada sauce
- 1/2 cup reduced fat shredded cheddar cheese

Directions

- 1 Preheat the oven to 400 degrees.
- 2 Scoop out the center of the summer squash. Chop the summer squash you scooped out to be part of the filling.
- 3 Add the black beans, garlic, red bell pepper, scooped out squash, and onion to a medium high skillet. Cook 5-7 minutes until tender.
- 4 Add the cumin, salt, and pepper. Then stir in the enchilada sauce.
- 5 Fill each summer squash and place in a baking dish. Sprinkle cheese on top.
- 6 Cover with foil and bake for 25 minutes. Remove foil and bake 10 more minutes.

Notes

