

Taco Bake

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, wooden spoon, cast iron skillet or oven saute pan.

Serves: 8

Ingredients:

- ½ large onion
- 1 bell pepper any color
- 1 ear of corn (or 1/3 cup of corn, canned, frozen.)
- 1 medium zucchini
- 1 can of diced tomatoes
- 3 cloves of garlic
- 1 can of black beans
- 1 tsp chili powder
- 1 tsp ground cumin
- ½ tsp granulated garlic
- ½ cup of cheese (mozzarella, cheddar. . . your preference.)
- Salt and Pepper to taste



Directions:

1. Preheat the oven to 400 degrees. While it is warming up, dice your onion, zucchini, pepper, & mince your garlic.
2. Add the onions, peppers and garlic to the skillet. Saute until the onions are translucent and beginning to caramelize. While they are cooking, prep the corn, rinse the black beans and open your canned tomatoes.
3. Add the zucchini, corn and the spices. Cook for about 2-3 minutes. Use the juice from the diced tomatoes to deglaze the bottom of the pan. Scrape off the caremlization on the bottom of the skillet.
4. Add the tomatoes and mix until everything is evenly combined and juices are bubbling. Season with salt and pepper.
5. Top with cheese and herbs and bake until golden on top.
6. Remove and serve with either taco shells, over rice, or with chips like nachos.



Nutrition Information (per 1/8th recipe): Does not include taco shells, chips or rice, however you choose to serve it.

Calories: 96 Fat: 2 g Carbs: 10.8 g Protein: 5.6 g Fiber: 4.5 g Sodium: 184 mg

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