

Sacks of Snacks



Offering a hand up, not a hand out
March 8, 2024

Welcome to this week's *Sacks of Snacks*. March is National Nutrition Month. I have shared a recipe that contains lean proteins that are good for us. The beans, that are lean proteins, are also inexpensive. I call this a win-win recipe as it is good for you and easy on your finances. Try this recipe with your family. What is their feedback on the recipe? Is it a keeper, maybe, or no? Happy Nutrition Month! Challenge your family to complete each of the March Living Well activities. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

Zubanie Boats

Servings: 8

Nonstick cooking spray
4 medium to large zucchini, cut in half lengthwise
1 medium red bell pepper, diced
½ cup diced green onions
2 tablespoons olive oil (or other oil)
1 cup cooked brown rice

1 (15 ounce) can low-sodium black beans, rinsed & drained
½ cup corn (canned, cooked from froze, or fresh)
½ cup salsa
2 tablespoons taco seasoning
Salt and pepper (a pinch of each)
1 cup shredded Mexican blend cheese, divided

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 400 degrees F. Spray rimmed baking sheet with nonstick cooking spray. Gently scrub zucchini and bell pepper with a clean vegetable brush under cool, running water. Rinse green onions. Prepare vegetables as listed above. Scoop the flesh out of the zucchini halves. Place zucchini halves upside down (skin-side up) on oiled baking sheet and bake for 10 to 12 minutes. Remove from oven and turn the boats over. While zucchini is baking, heat the olive oil in a medium-sized skillet over medium-high heat. Add the red pepper, green onions, and zucchini flesh. Stir until tender about 3 to 5 minutes. Add rice, black beans, corn, salsa, taco seasoning, and a pinch of salt and pepper to the skillet and cook another minute until heated through. Remove from heat and stir in the cheese. Reserve ¼ cup of cheese to top zucchini boats. Evenly distribute the filling mixture between the zucchini boats. Sprinkle remaining cheese on top. Return the filled boats to the oven and bake for 10 to 12 more minutes, until cheese is melted. Store leftovers in the refrigerator with 2 hours.

Tips:

1. First, score the zucchini flesh with a knife or a spoon, then use a spoon to scoop out the flesh. Dice about a cup of the flesh to use for the filling.
2. Use leftover zucchini flesh for other dishes, such as soup, stir-fry, or casseroles. You can also freeze it to use later.

Source: UK Cooperative Extension Service



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