

ZUCCHINI, BLACK BEAN, AND RICE SKILLET

Adapted from: <http://readyseteat.com>

INGREDIENTS:

- 1 tablespoon Canola Oil
- ½ tsp of Cumin
- 1-1/2 cups quartered lengthwise, sliced zucchini
- 1/2 cup diced green bell pepper
- 1 can (15 oz each) Rosarita® Premium Whole Black Beans, drained, rinsed
- 1 can (14.5 oz each) Hunt's® Fire Roasted Diced Tomatoes with Garlic, undrained
- 1 cup microwavable Uncle Ben's® Whole Grain Brown Rice
- 1/2 cup shredded Cheddar and Monterey Jack cheese blend



MATERIALS NEEDED:

- 1 skillet
- Measuring spoons
- Measuring cup
- Cutting board
- Knife
- Serving utensils
- Eating utensils
- Plates

COOKING INSTRUCTIONS:

Heat oil in large skillet over medium heat. Add zucchini and bell pepper; cook 5 minutes, stirring occasionally. Meanwhile, heat brown rice in microwave (follow packet instructions).

Add beans, cumin and undrained tomatoes to the skillet. Increase heat and bring to a boil. Next, add heated rice and stir the mixture. Cover; remove from heat and let stand until liquid is absorbed (about 5 minutes). Sprinkle with cheese.

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