



Simple | Healthy | Delicious

Zucchini, Black Bean and Sprouted Blend Skillet



INGREDIENTS

1 tablespoon Canola oil
1-1/2 cups quartered lengthwise, sliced zucchini
1/2 cup diced green bell pepper
1 can whole black beans, drained, rinsed
1 can tomatoes, not drained
3/4 cup water
1 cup Nature's Earthly Choice Sprouted Blend
1/2 cup shredded Cheddar and Monterey Jack cheese blend

DIRECTIONS:

1. Heat oil in a large skillet over medium heat. Add zucchini and bell pepper; cook for 5 minutes, stirring occasionally. Add beans, tomatoes (not drained) and water. Increase heat and bring to a boil.
2. Add rice; stir well. Cover; remove from heat and let stand 7 minutes or until liquid is absorbed. Sprinkle with cheese.