



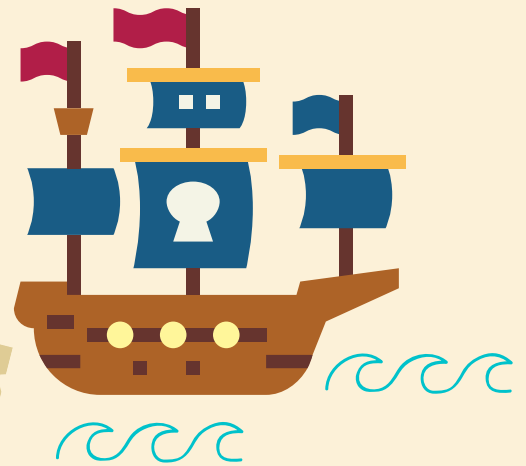
Veggie Pirate Boats

Set sail with these colorful “boats” that are nutritious and fun for the whole family!

Serves: 8, Serving size: ½ veggie boat

Ingredients:

- 2 medium cucumbers, washed
- 1 can black beans (no salt added), drained and rinsed
- 1 can corn (no salt added), drained and rinsed (or 1 ½ cups fresh or frozen corn, thawed)
- 1 cup cherry tomatoes, washed and diced
- 2 avocados, peeled and diced
- ¼ cup red onion, diced
- ¼ cup cilantro, finely chopped
- Juice of 1 lime
- ½ cup Italian dressing



Directions:

- For the boats:* cut cucumbers in half lengthwise. Carefully scoop out insides with a small spoon. If desired, chop up the scooped-out insides and add to the filling mixture. Otherwise, discard insides or save for another use.
- For the filling:* place beans, corn, tomatoes, avocado, onion, and cilantro into a large mixing bowl. Add lime juice and Italian dressing to mixture and toss until well combined. Cover and chill in the refrigerator for 1 hour to marinate flavors together.
- Spoon the filling into the cucumber boats. Serve any extra filling with tortilla chips or pita bread.

Tip: have children decorate "sails" for their veggie pirate boats with paper and markers. Thread the paper through wooden skewers and stick in one of each boat.