

Tex-Mex Zucchini Bake: Your New Favorite Cheesy, Flavorful Casserole

- always a win in my book!



OVEN
375°F

TIME
25-30 min

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INGREDIENTS

3 medium zucchini, sliced into 1/4 to 1/2-inch rounds or half-moons
1/2 cup canned black beans, rinsed and drained
1/2 cup corn (fresh, frozen, or canned, drained)
1 medium tomato, diced
1 tablespoon taco seasoning (store-bought or homemade blend)
1 cup shredded cheddar cheese
1/2 cup shredded pepper jack cheese
2 tablespoons olive oil
1 teaspoon garlic powder
2 tablespoons melted butter

DIRECTIONS

- 1. Preheat : Oven:** Preheat your oven to 375°F (190°C). Lightly grease a medium-sized baking dish (an 8x8 or 9x13 inch casserole dish, depending on how thick you want your layers) with cooking spray or a little melted butter.
- 2. Prepare the : Zucchini Mixture:** In a large bowl, combine the sliced zucchini, rinsed black beans, corn, diced tomato, taco seasoning, garlic powder, and olive oil. Toss gently until all the vegetables are well coated with the seasoning and oil.
- 3. Layer the : Mixture:** Spread the zucchini mixture evenly into the prepared baking dish.
- 4. Add the : Cheese:** Sprinkle the shredded cheddar cheese and pepper jack cheese evenly over the top of the mixture.
- 5. Drizzle : Butter:** Drizzle the melted butter evenly over the cheese layer for added richness.
- 6. Bake the : Casserole:** Place the dish in the preheated oven. Bake for 25-30 minutes, or until the zucchini is tender (pierce with a fork to check) and the cheese is bubbly, melted, and golden brown on top.
- 7. Serve and : Enjoy:** Remove from the oven and let cool slightly before serving. Enjoy this delicious Tex-Mex Zucchini Bake as a flavorful side dish or a light main!

SWAPS & NOTES

Zucchini: Medium zucchini work best.
You can slice them into rounds or half-moons.

If using very large zucchini, consider scooping out some of the seedy center before slicing.

Yellow squash can be used in combination or as a substitute.

TIPS FOR SUCCESS

Slice Zucchini Evenly: Uniformly sliced zucchini will ensure even cooking.

Aim for about 1/4 to 1/2 inch thick.

Don't Overcook Zucchini: Zucchini can become watery if overcooked.

Rinse Beans: Rinsing canned beans removes excess sodium and starch, which can improve flavor and texture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/tex-mex-zucchini-bake-your-new-favorite-cheesy-flavorful-casserole-2/>