

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

STUFFED AVOCADO

These show stoppers are as colorful as they are delicious and are sure to brighten any table.

Made with black beans, cherry tomatoes, and corn. Just look at all the gorgeous veggies and beans that make up the filling! These beauties will score big points and you get complete protein, healthy fats, and tons of nutrients - really they're a great option any time.



Stuffed Avocado with Sumac-Spiced Black Beans & Corn

4 servings
10 minutes

Ingredients

2 Avocado (large, halved)
3 tbsps Black Beans (cooked, rinsed)
2 tbsps Cherry Tomatoes (sliced into quarters)
2 tbsps Corn (fresh or frozen/thawed)
1 stalk Green Onion (chopped)
1 1/3 tbsps Cilantro (chopped, fresh)
1/2 tsp Ground Sumac
Sea Salt & Black Pepper (to taste)

Directions

- 1 Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the black bean mixture to go.
- 2 In a bowl, combine the scooped avocado flesh with the remaining ingredients.
- 3 Stuff the avocado with the black bean mixture. Serve immediately and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to one half of a stuffed avocado.

More Flavor: Add lime juice, chopped orange pepper or additional spices, such as cayenne or chili flakes.

Dressing: See recipe for optional dressing