

Zucchini Boats

Ingredients:

Servings: 8

- 4 medium zucchini
- 1 pound ground turkey breast
- ½ cup chopped onion
- 1 egg, beaten
- ½ pound sliced mushrooms
- 1 large tomato, diced
- ¾ cup spaghetti sauce
- ¼ cup seasoned whole wheat bread crumbs
- ¼ tsp salt
- ¼ tsp pepper
- 1 cup (4 ounces) shredded low fat mozzarella cheese

continued

Directions:

1. Cut zucchini in half lengthwise; cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat.
2. Scoop out pulp, leaving ¼-in. shells. Set pulp aside.
3. Place shells in an ungreased 3-qt. microwave-safe dish. Cover and microwave on high for 3 minutes or until crisp-tender; drain and set aside.
4. In a large skillet, cook ground turkey and onion over medium heat until meat is no longer pink; drain. Remove from the heat.
5. In a large bowl, mix together zucchini pulp, beaten egg, spaghetti sauce, bread crumbs, mushrooms, tomato, salt, pepper, ½ cup cheese, and cooked ground turkey.
6. Spoon about ¼ cup mixture into each shell.
7. Sprinkle with remaining cheese.
8. Bake uncovered for 20 minutes at 350° F or until brown.

Nutrition Facts: (1 zucchini boat)

Calories: 195 • Fat: 7.5g

Sodium: 294mg • Carbohydrates: 16g

Fiber: 4g • Protein: 17.5g



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