

Zucchini Boats

Ingredients:

3 zucchinis
1 pound ground turkey or chicken
½ cup breadcrumbs
2 cloves garlic, minced
1 tablespoon dried basil
3 roasted red peppers, chopped
1 (32 ounce) jar low-sodium spaghetti sauce
½ cup grated parmesan cheese
½ cup shredded mozzarella cheese
Salt and pepper to taste

Directions:

Preheat oven to 350 degrees F. Trim stems from zucchinis, slice lengthwise, and scoop seeds out into a mixing bowl. Sprinkle zucchini halves with salt and pepper and place onto a baking pan. Bake for 5-10 minutes, remove pan from oven, and carefully blot additional water from the zucchinis using paper towels. Cook meat in a skillet over medium-heat until browned. Transfer meat into bowl with the zucchini seeds and add the garlic, breadcrumbs, basil, roasted red peppers, and parmesan. Stir to combine. Stuff zucchini with meat mixture and pour spaghetti sauce over zucchinis. Cover baking pan with foil and bake for 30-40 minutes. Remove foil and sprinkle with mozzarella cheese. Put back in oven for about 5 minutes until cheese has melted, and serve.



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Nutrition Facts

6 servings per recipe	
Serving size	1 boat
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 540mg	23%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 238mg	20%
Iron 4mg	20%
Potassium 774mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

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