



# Zucchini Boats

**SERVING SIZE:** ½ zucchini  
**SERVINGS:** 4  
**PREPARATION TIME:** 5-20 min.  
**COOK TIME:** 45-60 min.

## INGREDIENTS:

- 8 ounces cooked, lean ground turkey (optional)
- 2 fresh zucchini, medium
- 1/2 cup onion, diced
- 1/2 cup diced peppers (fresh or frozen)
- 1 14 ounce can or jar spaghetti sauce
- 1/4 cup shredded cheese (cheddar, Colby, jack or mozzarella)

## DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. Cook ground turkey until no pink remains. Chop often in small pieces. Drain grease.
3. Cut zucchinis in half length-wise, trim ends.
4. Use spoon to remove seeds and carve out the middle of zucchinis to create the “boats”.
5. Evenly place turkey, onions and peppers in each zucchini.
6. Cover each boat in sauce.
7. Place zucchini boats on sheet pan and cook in oven until soft (about 45-60 minutes).
8. Remove pan from oven and sprinkle cheese across each boat. Bake for two minutes until cheese is melted.
9. Remove, let cool, and enjoy!

## RECIPE TIPS:

- Add 4 ounces fresh or canned, drained mushrooms
- Get creative! Add or remove veggies to make your boats your own.
- Add our bean salsa recipe for added flavor!

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [www.healthyshelves.org](http://www.healthyshelves.org)



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>226</b>
<b>Total fat</b>	10.5 g
Saturated fat	3.5 g
<b>Cholesterol</b>	68 mg
<b>Sodium</b>	561 mg
<b>Total Carbohydrate</b>	14 g
Fiber	3.5 g
Sugar	10 g
Includes 1 g of Added Sugars	
<b>Protein</b>	19.5 g
<b>Phosphorus</b>	234 mg
<b>Potassium</b>	814 mg

## EQUIPMENT NEEDED:

- Oven
- Can opener
- Knife & spoon
- Baking pan or casserole dish