



Stuffed Zucchini Boats

- 6-8 medium zucchini (or 12 small)
- 1-pound ground beef or turkey or chicken or ground meat of your choice
- 1 Tablespoon olive oil
- 1/2 cup chopped onion
- 2 cloves minced garlic
- 1 cup marinara sauce
- 1 Tablespoon Italian seasoning
- 1/4 teaspoon each salt and pepper
- 1 cup low fat shredded cheddar or mozzarella cheese

Preheat oven to 375.

Slice zucchini in half lengthwise and carve them out, making boats. Chop the zucchini meat and set aside. Line up boats on a lightly greased baking sheet (or baking dish) or line them up on parchment paper.

Heat oil, add onions and cook 2-3 minutes or until golden. Add garlic and stir with onions for several seconds. Add meat and cook until no longer pink. Drain grease if necessary. Add marinara, zucchini meat and seasonings. Simmer 8-10 minutes.

Spoon meat mixture into boats and top each with cheese. Bake 15-20 minutes until cheese is bubbly and zucchini is soft enough to easily cut.

Store any leftovers in an airtight container.