ZUCCHINI BOATS

INGREDIENTS:

- 4 zucchinis, sliced in half lengthwise
- 1 tsp olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 2 celery stalks, finely chopped
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 1 tsp salt
- 1/2 tsp pepper
- 1 lb. extra-lean organic ground beef (or lean ground turkey)
- 2 cups of your favorite spaghetti sauce
- 1 cup grated mozzarella cheese
- 2 tbsp fresh chopped basil (optional garnish)
- 1/2 cup cherry tomatoes, sliced (optional garnish)



NUTRITION:

- Calories 337kcal
- Carbohydrates 19g
- Protein 35g
- Fat 14g
- Sat Fat 6g
- Cholesterol 92mg
- Sodium 1519mg
- Fiber 5g
- Sugar 13g

DIRECTIONS:

- Preheat oven to 400 F. Slice zucchini in half lengthwise and scoop out seeds. Add to a 9x13 baking dish and set aside.
- Meanwhile, heat olive oil in a large skillet over med-high heat. Add onions, carrots, and celery, sautéing for 1-2 minutes. Add ground beef and cook for 4-5 minutes until lightly browned. Add garlic, Italian seasoning, salt & pepper, and spaghetti sauce. Bring to a boil then remove from heat.
- Add meat mixture to zucchini boats and top with cheese. Bake for 20 minutes or until cheese is fully melted.
- Remove from oven and garnish with basil and cherry tomatoes. Serve and enjoy!

Makes 4 servings

Reference:https://TheGirlOnBloor.com