

Stuffed Zucchini Boat



Ingredients

- 2 pounds of zucchini
- 3 Tbsp. extra virgin olive oil
- 4 garlic cloves, minced
- 1 medium onion, chopped
- 15 oz. can diced tomatoes
- 2 Tbsp. unsalted butter, chopped
- ¼ cup shredded parmesan cheese
- ¼ cup shredded mozzarella cheese
- 10 fresh basil leaves, chopped
- ½ cup bread crumbs

Directions:

1. Preheat oven to 400 degrees. Cut the zucchini lengthwise and scoop out the inside. Chop the zucchini flesh and set aside in a bowl.
2. Place the zucchini shells on a baking sheet and drizzle with a little olive oil. Place in the oven while you prepare the filling.
3. Over medium heat, add 2 Tbsp. of olive oil to a medium skillet. Add the garlic, onion and chopped zucchini to the skillet. Continue to stir as the mixture cooks for approximately 5 minutes.
4. Add the diced tomatoes along with the juice from the can. Reduce the heat and let the tomato juice cook off.
5. In a separate skillet, on medium heat, add 1 Tbsp. of olive oil and butter. Once the butter has melted, add the bread crumbs. Continue to stir and cook for a couple minutes.
6. Stir the bread crumb mixture into the vegetable mixture. Add the cheese and basil. Stir together then remove from heat.
7. Remove the zucchini boats from the oven and fill each boat with the skillet mixture.
8. Place the zucchini back in the oven and bake for an additional 5-7 minutes.
9. Serve and enjoy!

*Yield 10 servings, serving size: 1 serving. Calories: 118.
Fat: 7.8 g. Cholesterol: 16.5 mg. Sodium: 99 g. Carbohydrates: 10 g.
Fiber: 2 g. Sugar: 3 g. Protein: 3.5 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*