

TACO-STUFFED ZUCCHINI BOATS

NUTRITION FACTS

Serving Size: 1 stuffed zucchini half (recipe makes 4 servings)

Calories: 391 | Protein: 25g | Carbohydrate: 14g | Fiber: 7g | Total Fat: 27g | Saturated Fat: 9g | Sodium: 210mg

INGREDIENTS

- 2 Large zucchini
- 1 Tbsp Olive oil
- ¾ pound Lean ground beef (93% lean, 7% fat)
- 1 Medium tomato, chopped
- 1 bunch Scallions, sliced
- 1 Tbsp Chili powder
- 2 tsp Ground cumin
- ½ tsp Garlic powder
- ¼ tsp Ground pepper
- 8 Tbsp Shredded Monterey Jack cheese
- 1 cup Shredded romaine lettuce (optional)
- 1 Avocado, chopped (optional)
- 4 Tbsp Pico de gallo (optional)
- 4 Tbsp Sour cream (optional)

DIRECTIONS

1. Cut each zucchini in half lengthwise. Scoop out the pulp, creating 4 “boats.” Chop the pulp.
2. Heat oil in a large skillet over medium heat. Add beef, tomato, scallions, chili powder, cumin, and garlic powder. Cook, breaking the beef into crumbles until cooked thoroughly, about 5-6 minutes. Stir in the chopped zucchini pulp.
3. Place zucchini halves in a microwave-safe dish; sprinkle with pepper. Cover and microwave on high until tender, about 2 to 3 minutes.
4. Preheat broiler to high. Place the zucchini halves on a baking sheet. Divide the beef and vegetable mixture and fill the zucchini halves. Sprinkle each with 2 tablespoons cheese. Broil until the cheese is melted, about 2 minutes. Serve with lettuce, avocado, sour cream and pico de gallo, if desired.

NOTES

Nutrition will vary with optional ingredients.





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