



Stuffed Zucchini Boats

Yield: 4 servings

Cost Per Serving: \$2.83

Cook Time: 35 minutes

Ingredients:

- 2 medium zucchini
- 3 Tbsp olive oil
- 1 lb. ground turkey
- 1 bell pepper (diced)
- 2 garlic cloves (minced)
- 1 tsp chopped oregano
- 2 Tbsp chopped basil
- 2 cups marinara sauce (no salt added)
- 1 cup shredded mozzarella
- ½ cup grated parmesan cheese (divided)
- ½ cup panko bread crumbs

Directions:

1. Preheat oven to 425°F.
2. Halve the zucchini lengthwise. Use a spoon to scoop out the interior of the zucchini (reserving the flesh), leaving about ¼ inch-thick border around the edges. Arrange the zucchini boats on parchment-lined baking sheet.
3. Chop the reserved zucchini flesh and set aside. Heat 2 tablespoons of oil in a large skillet over medium heat. Add the turkey, stirring to break up the turkey, until brown and crumbled, about 6 minutes.
4. Add the chopped zucchini flesh, bell pepper and garlic to the skillet. Cook until the vegetables have softened, about 5 minutes.
5. Remove skillet from heat. Add basil, oregano and marinara. Let cool for 5 minutes. Stir in the mozzarella and ¼ cup of parmesan cheese. Divide the filling mixture evenly among the zucchini shells.
6. Stir together the panko breadcrumbs, remaining ¼ cup parmesan cheese and remaining 1 tablespoon olive oil in a small bowl. Sprinkle evenly on top of each stuffed zucchini.
7. Bake on the middle rack of the oven until the breadcrumbs are golden brown and cheese is melted for about 20 minutes.

Tip: The zucchini can be stuffed up to a day ahead and refrigerated in an airtight container. Top with panko mixture just before baking.

*Based on Walmart prices 09/23