

# Zucchini Breakfast Boats

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 Zucchini (large, sliced in half lengthwise, peeled)
- 1/4 Yellow Onion (chopped)
- 2 Egg
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Iron	4mg
Fat	10g	Vitamin D	82IU
Carbs	10g	Folate	106µg
Fiber	3g	Magnesium	51mg
Protein	15g	Zinc	2mg
Vitamin C	45mg		

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place the remainder 'boat' side up, in an oven-safe dish. Bake for 15 minutes.
- 02 Meanwhile, heat a skillet over medium heat. Add cooking oil and onion and cook for 5 to 7 minutes, until cooked through.
- 03 Whisk the eggs in a small bowl and mix in the raw zucchini flesh. Cook for 4 to 5 minutes, until cooked through.
- 04 Transfer the egg mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley if using. Serve and enjoy!

## NOTES

### RECIPE ID 301

### SERVING SIZE

One serving size is equal to two zucchini boats.

### MORE FLAVOR

Add additional seasonings and herbs.