

Turkey Stuffed Zucchini Boats

2 SERVINGS 40 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Turkey
2 Zucchini (medium, peeled)
1 cup Tomato Sauce (divided)
1/2 Red Bell Pepper (chopped)
2 cups Baby Spinach (chopped)
1 1/2 tsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
1 1/2 tsps Italian Seasoning
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	279	Iron	4mg
Fat	14g	Vitamin D	16IU
Carbs	16g	Folate	138µg
Fiber	5g	Magnesium	105mg
Protein	26g	Zinc	4mg
Vitamin C	91mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 03 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 04 Add the garlic, Italian seasoning and salt to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 05 Spoon the turkey mixture into the hollowed out zucchini boats.
- 06 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 07 Divide zucchini boats between plates and enjoy!

NOTES

RECIPE ID 614

SERVING SIZE

One serving is equal to two zucchini boats.

ADDITIONAL TOPPING

Broil cheese on the top of each zucchini boat before serving.

NO TURKEY

Use ground chicken or pork sausage instead.