

Zucchini Taco Boats

Prep Time: 15 Min Cook Time: 35 Min Total Time: 50 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2 zucchini halves

Amount Per Serving

Calories 258 Calories from Fat 46

% Daily Value*

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|-------------------------------|-----|
| Total Fat 5g | 8% |
| Saturated Fat 2g | 11% |
| Monounsaturated Fat 0g | 0% |
| Polyunsaturated Fat 0g | 0% |
| Cholesterol 54mg | 18% |
| Sodium 948mg | 41% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 6g | 22% |
| Sugars 15g | |

Protein 34g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 4 zucchini
- 3/4 lb 99% lean ground turkey
- 1 tbsp taco seasoning
- 1 garlic clove, minced
- 1/2 cup red bell pepper, diced
- 1 cup onion, minced
- 1/2 tsp cumin
- 1 cup salsa (or enchilada sauce)
- 1 cup reduced fat shredded cheddar cheese

Directions

- 1 Preheat the oven to 400 degrees. Scoop out the center of the zucchini. Chop the zucchini you scooped out to be part of the filling.
- 2 Add the ground turkey, taco seasoning, garlic, red bell pepper, scooped-out zucchini, and onion to a medium high skillet. Brown until no longer pink.
- 3 Fill each zucchini boat with the taco meat mixture. Add a small layer of salsa to each zucchini or drizzle with enchilada layer. Place in a baking dish. Sprinkle cheese on top.
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Notes

