

Turkey Fajita Stuffed Zucchini Boats

Prep Time: 10 Min Cook Time: 25 Min Total Time: 35 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2 zucchini halves

Amount Per Serving

Calories 324 Calories from Fat 89

% Daily Value*

Total Fat 10g	15%
Saturated Fat 4g	18%
Monounsaturated Fat 1g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 76mg	26%
Sodium 764mg	33%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	24%
Sugars 13g	

Protein 37g

* 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
- 2 tsp olive oil
- 1/2 red onion, sliced thin
- 1 green pepper, sliced thin
- 1 red pepper, sliced thin
- 1 lb 99% lean ground turkey
- 1.5 cup canned fire roasted diced tomatoes, drained
- 1.5 tbsp fajita seasoning (or taco seasoning to taste)
- 1 cup part skim mozzarella cheese

Directions

- 1 Preheat the oven to 400 degrees. Cut the zucchini in half and scoop out some of the center using a spoon or melon baller to create the "boat." Place in a baking dish sprayed with cooking spray.
- 2 Heat the olive oil over medium high heat. Add the onions and peppers. Cook for 3-4 minutes until beginning to soften. Add turkey and cook until turkey is fully browned, about 6-8 minutes. Add the tomatoes. Stir in the spices and cook for 1-2 more minutes.
- 3 Fill the boats with the turkey fajita mixture. Top each with cheese. Bake for 22-25 minutes until cheese is bubbling and zucchini is tender

Notes

