

# Zucchini and Ground Turkey Pizza Boats

Prep Time: 15 Min Cook Time: 20 Min Total Time: 35 Min



SERVINGS: 4

## Nutritional Facts

Serving Size: 2 zucchini boats

### Amount Per Serving

Calories 228	Calories from Fat 74
	<b>% Daily Value</b> *
<b>Total Fat</b> 8g	13%
Saturated Fat 3g	16%
<b>Monounsaturated Fat</b> 1g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 44mg	15%
<b>Sodium</b> 519mg	23%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 5g	19%
Sugars 12g	

### Protein 24g

\* 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
- 1 tsp olive oil
- 1/2 lb 99% lean ground turkey
- 1 cup mushrooms, diced
- 2 garlic clove, minced
- 1/2 tsp oregano
- 1/2 tsp basil
- 1 cup marinara sauce
- 4 tbsp Parmesan cheese
- 8 tbsp part skim shredded mozzarella cheese

## Directions

- 1 Preheat the oven to 400 degrees.
- 2 Heat the olive oil over medium high heat. Add the turkey, mushrooms, and garlic. Cook until turkey is fully browned, about 6-8 minutes. Season with salt and pepper.
- 3 Stir in the oregano, basil, and marinara sauce.
- 4 Meanwhile 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.
- 5 Fill the boats with the turkey and mushroom mixture.
- 6 Top each with 1 tbsp. of shredded cheese and 1/2 tbsp. Parmesan cheese.
- 7 Bake for 15-18 minutes until cheese is bubbling and zucchini is tender

## Notes

4 WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

