Zucchini Boat Recipe

**SERVINGS: 8  
INGREDIENTS**

* 4 medium zucchini
* 1 pound ground turkey breast
* 1/2 cup chopped onion
* 1 egg, beaten
* ½ lbs sliced mushrooms
* 1 large tomato? diced
* 3/4 cup spaghetti sauce
* 1/4 cup seasoned whole wheat bread crumbs
* 1/4 teaspoon salt
* 1/4 teaspoon pepper
* 1 cup (4 ounces) shredded low fat mozzarella cheese

**DIRECTIONS**

1. Cut zucchini in half lengthwise; cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat.
2. Scoop out pulp, leaving 1/4-in. shells. Set pulp aside.
3. Place shells in an ungreased 3-qt. microwave-safe dish. Cover and microwave on high for 3 minutes or until crisp-tender; drain and set aside.
4. In a large skillet, cook ground turkey and onion over medium heat until meat is no longer pink; drain. Remove from the heat.
5. In a large bowl mix together zucchini pulp, beaten egg, spaghetti sauce, bread crumbs, mushrooms, tomato, salt, pepper, 1/2 cup cheese, and cooked ground turkey.
6. Spoon about 1/4 cup mixture into each shell.
7. Sprinkle with remaining cheese.
8. Bake uncovered for 20 minutes at 350º F or until brown.

**NUTRITIONAL ANALYSIS PER SERVING (1 zucchini boat or 1/8 recipe):**Total Calories: 195  
Total fat: 7.5g  
Saturated Fat: 3g  
Sodium: 294 mg  
Total carbohydrates: 16g  
Dietary Fiber: 4g  
Sugars: 5g  
Protein: 17.5g