

Zucchini Boats

Recipe Type: Entrée

Serves: 6

Prep Time: 15 minutes

Cooking Time: 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 6 medium zucchinis
- 1–8 oz can tomato sauce
- ¼ C breadcrumbs
- ¼ C Parmesan cheese
- 2 oz of sliced black olives
- 1 C shredded mozzarella



This is a picture of 1 serving.

What to do:

1. Wash your hands
2. Preheat the oven to 425°F.
3. Wash the zucchini well and remove any dirt.
4. Cut the zucchini in half lengthwise and scoop out the center. Put the zucchini flesh into a bowl to be used later.
5. Place the zucchini halves on a baking sheet.
6. Chop the zucchini flesh into bite size pieces and put back into the bowl.
7. Stir in tomato sauce, breadcrumbs, Parmesan cheese, and Italian seasoning.
8. Fill the zucchini halves with the mixture.
9. Top with mozzarella cheese and black olives.
10. Place in the oven for about 20 minutes or until the cheese has melted and is slightly browned.
11. Serve immediately and enjoy!

Contains Milk and Wheat

Nutrition Facts

6 servings per container

Serving size **2 Boats (271g)**

Amount per serving

Calories **140**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 500mg **22%**

Total Carbohydrate 13g **5%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 220mg **15%**

Iron 2mg **10%**

Potassium 663mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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