



Taco Zucchini Boats

Ingredients

- 4 medium zucchini
- 1 pound ground beef, chicken or turkey
- 1 small onion, diced (fresh or 1/2 cup frozen)
- 3 cloves garlic, minced (fresh or jarred)
- 1 (10-ounce) can diced tomatoes and green chilies, drained
- 1 (1.25-ounce) package reduced sodium taco seasoning
- 1 cup shredded sharp cheddar cheese

Instructions

- Preheat oven to 400 degrees F. Lightly oil a 9 x 13 baking dish or coat with nonstick spray.
- Cut each zucchini in half horizontally, then carefully scoop out the center of the zucchini, leaving about 1/2-inch of zucchini on the skin.
- To a skillet over medium high heat, add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the meat as it cooks; drain excess fat if needed.
- Add onion, and cook, stirring frequently, until translucent, about 2-3 minutes.
- Stir in garlic until fragrant, about 1 minute.
- Stir in diced tomatoes and green chilies and taco seasoning until thickened and flavors have blended, about 2-3 minutes.
- Place zucchini in a single layer, skin-side down, onto the prepared baking dish. Add beef mixture to each zucchini.
- Place into oven and bake until the zucchini is tender, about 20-25 minutes. Sprinkle with cheddar cheese during the last 5 minutes of cooking time.
- Serve immediately.

MAKES 4 SERVINGS. NUTRITION PER SERVING (BASED ON 90% LEAN GROUND BEEF): CALORIES: 390 | CARBOHYDRATES: 15G | PROTEIN: 33G | FAT: 18G | FIBER: 4G

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