



Vegetarian Recipe

Zucchini Boats

Ingredients:

- 2 Medium Zucchini
- ½ cup low-fat shredded cheese
- ¼ cup Beyond Meat “beefy crumbles”
- 1 small onion, chopped
- ½ cup chopped mushrooms
- ½ cup chopped bell pepper
- ¼ cup marinara sauce
- sea salt and pepper, to taste



Directions:

1. Preheat oven to 350 degrees.
2. Trim ends of zucchini and cut zucchinis lengthwise in half. Scoop out pulp leaving half in tact. Keep pulp and dice into small pieces.
3. In a skillet, heat beefy crumbles, zucchini pulp, onion, mushrooms, and peppers over medium heat.
4. Add cheese salt and pepper and to zucchini shells. Place in a greased baking dish. Bake for about 25-30 mins.

Serves: 4

Photo from
<http://www.tasteofhome.com/recipes/zucchini-boats>

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