

Taco Stuffed Zucchini Boats

Ingredients:

1	tsp	Paprika
½	tsp	Oregano
1	small	Onion, minced
2	tbsp	Bell pepper, minced
4	oz	Tomato sauce
¼	cup	Water
½	cup	Mexican Shredded Cheese, Reduced fat
¼	cup	Scallions or Cilantro, chopped, for topping

Directions:

Bring a large pot of salted water to boil. Preheat oven to 400°F. Place 1/4 cup of salsa in the bottom of a large baking dish.

Using a small spoon or melon baller, hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half. Chop the scooped out flesh of the zucchini in small pieces and set aside 3/4 of a cup to add to the taco filling, (squeeze excess water with a paper towel) discarding the rest or save to use in another recipe. Drop zucchini halves in boiling water and cook 1 minute. Remove from water.

Brown turkey in a large skillet, breaking up while it cooks. When no longer pink add the spices and mix well. Add the onion, bell pepper, reserved zucchini, tomato sauce and water. Stir and cover, simmer on low for about 20 minutes.

Using a spoon, fill the hollowed zucchini boats dividing the taco meat equally, about 1/3 cup in each, pressing firmly. Top each with 1 tablespoon of shredded cheese. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through. Top with scallions and serve with salsa on the side.

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