



Zucchini Boats

SERVING: 1
YIELD: 12

PREP TIME: 15 MIN
TOTAL TIME: 30 MIN

Ingredients

- 6 Zucchini, medium to large in size
- 1 tbsp Olive Oil, halved
- 1/2 Ib Beef, extra lean
- 1 cup Carrots, chopped
- 1/2 cup Celery, chopped
- 1/2 cup Onion, chopped
- 1 Tbsp Garlic, minced
- 1 can Diced Tomatoes, 14.5 oz, drained and rinsed
- 1 can Black Beans, 15.25 oz, drained and rinsed
- 1 cup Brown Rice, cooked
- 1 pkg Parmesan Cheese, finely shredded

Seasonings:
1 tsp rubbed sage, 1tsp
rosemary, 1 tsp thyme

Directions

- 1.PREHEAT oven to 400° F. CUT zucchini in half, long ways, and scoop out the seeds making a “boat.”
- 2.HEAT oil in a large skillet. ADD beef and cook thoroughly.
- 3.PLACE vegetables on cutting board and chop. HEAT oil in a large skillet. ADD carrots, celery, onion, garlic and COOK on medium-high heat until tender.
- 4.ADD tomatoes, black beans, beef, spices and rice. STIR and COOK until heated through.
- 5.PLACE zucchini halves on a baking sheet, FILL with rice/bean/beef mixture.
- 6.COOK zucchini boats 10-12 minutes. TOP with cheese.

Nutrition Facts	
12 servings per container	
Serving size	1 boat (0.0g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	13%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0.1mcg	0%
Calcium 240mg	20%
Iron 1.8mg	10%
Potassium 410mg	8%
* The % Daily Value (DV) 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.	

*Recipe adapted from
GetFreshCooking.com

Cost Per Recipe

\$12.57

Cost Per Serving

\$1.05