

Stuffed Zucchini Boats

Ingredients

10 oz. fresh Italian turkey sausage
4 large zucchini (8-9" long)
1/2 medium onion, finely diced
1 T chopped garlic
1 8 oz. can no salt added tomato sauce
1 T cider vinegar
Salt and pepper to taste
1/2 cup shredded cheddar cheese



Preparation

Preheat oven to 400°F. Place sausage in a nonstick pan and cook on medium-high heat covered, breaking up the meat every minute, until browned. While sausage is cooking slice each zucchini in half lengthwise. Scoop out inside of zucchini and reserve both the zucchini boat and the insides. Add onion and zucchini insides to cooked sausage and cook covered for 4 minutes, stirring every minute. Add garlic, tomato sauce, and vinegar. Cook uncovered for 4 minutes or until the tomato sauce has reduced by half. Taste sausage filling and add salt and pepper as desired. Fill each boat with sausage filling to about 1/2 inch above the top of the zucchini. Place on a sheet pan, sprinkle cheese over top of each and bake for 25 minutes.

Yield: 4 servings, 2 boats per serving

*per serving: 240 Calories | 13g Fat | 19g Protein | 3g Dietary Fiber | 580mg Sodium
Excellent source of Vitamin C. Good source of Vitamin A and Iron.*