Savory Turkey-Stuffed Zucchini Boats

Lean ground turkey and tomato sauce stuffed into tender zucchini boats for a low-carb, high-protein meal perfect for beginners.

Servings: 2 **Time:** 40 minutes

Ingredients

- 2 medium zucchinis
- 8 oz ground turkey
- 1/2 cup tomato sauce
- 1/4 cup onion, finely chopped
- 1 clove garlic, minced
- 1/4 cup shredded part-skim mozzarella cheese
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- Salt and pepper to taste

Instructions

1. Preheat oven to 375°F.
2. Slice zucchinis in half lengthwise and scoop out the seeds to create 'boats'.
3. Heat olive oil in a skillet over medium heat. Add onion and garlic, sauté until translucent.
4. Add ground turkey, cook until browned, about 5-7 minutes. Season with salt, pepper, oregano, and basil.
5. Stir in tomato sauce and cook for another 2 minutes, then remove from heat.
6. Place zucchini halves in a baking dish, fill each with the turkey mixture.
7. Top each boat with shredded mozzarella cheese.
8. Bake uncovered for 20-25 minutes until zucchini is tender and cheese is melted and golden.
9. Let cool slightly before serving.

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