

**Summer 2020 – Pam’s Kitchen Recipes**

**Zucchini Boats Recipe**

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients:

* 3 medium zucchini
* 1 pound lean ground beef
* ½ small yellow onion, chopped
* 2 cloves garlic, chopped
* 8 ounces tomato sauce
* 1 cup low-fat mozzarella
* 1-1/2 teaspoons chili powder
* 1 teaspoon ground cumin

Directions:

1. Wash your hands and clean your preparation area.
2. Wash the zucchini under cool running water with a soft bristle brush.
3. Wash the tops of all canned foods before opening.
4. Preheat oven to 375 degrees Fahrenheit.
5. Slice the zucchini lengthwise, then remove the seeds and part of the center flesh, creating a place for the meat mixture.
6. Chop the onion and garlic.
7. Place onion, garlic, ground beef, chili powder, and cumin in a skillet on medium heat. Drain any excess fat from beef once cooked.
8. Cook beef until the temperature reaches 160 degrees Fahrenheit.
9. Add tomato sauce to beef mixture and cook until warm.
10. Remove beef mixture from heat and spoon even amounts of the beef mixture into each zucchini half.
11. Place filled zucchini halves in a glass baking dish and top with cheese.
12. Cook zucchini boats for 25-30 minutes or until zucchini has softened.

*“Dinner Tonight” from Texas A&M University Cooperative Extension.*

*Nutrition Information:*

*Makes 6 servings. Calories: 170 calories. Total Carbohydrates: 11 grams. Fiber: 2 grams. Protein: 21 grams. Fat: 5 grams. Sodium: 390 mg.*