

ZUCCHINI BOATS



INGREDIENTS

- 4 small zucchini (or yellow squash)
- Cooking spray
- 1 tablespoon olive or canola oil
- 1/2 pound white or baby bella (cremini) mushrooms, finely minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2-3 cloves garlic, crushed and minced
- 1/2 red bell pepper, diced
- 1/4 cup seasoned breadcrumbs
- Nutritional yeast (optional)



DIRECTIONS

1. Preheat oven to 350°F.
2. Remove stem from **zucchini** then slice lengthwise. Using a spoon or small scoop, scoop out enough zucchini flesh to make a large well. Try not to pierce any holes in the zucchini. Place zucchini “boats” on a sheet pan or in an oven-safe baking dish and lightly spray zucchini. Set aside. Do not discard zucchini flesh.
3. Chop the scooped-out zucchini flesh into small pieces and set aside.
4. In a medium sauté pan, heat oil over medium-high heat until shimmering. When oil is hot, add half of the **mushrooms**, **salt** and **pepper** and cook for 3-4 minutes. Add remaining mushrooms and **garlic** and cook 3-4 more minutes.
5. Stir in chopped zucchini flesh and **bell pepper**. Continue cooking until vegetables are tender and liquid is absorbed. Sprinkle with 2 tablespoons **breadcrumbs**. Remove from heat.
6. Fill zucchini boats with vegetable mixture.
7. Sprinkle with remaining breadcrumbs, then **nutritional yeast**.
8. Bake about 20 minutes or until zucchini boats have softened and breadcrumbs begin to brown. Serve hot or warm.

SERVES 8

TOOLS & EQUIPMENT

Knife, spoon or small scoop, measuring spoons, measuring cups, sheet pan or oven-safe baking dish, sauté pan or skillet, stirring utensil

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