



Cheesy Zucchini Skins



1/4th of recipe (2 skins): 98 calories, 6g total fat (3g sat. fat), 268mg sodium, 4.5g carbs, 1.5g fiber, 3g sugars, 8g protein

Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

3 slices center-cut bacon or turkey bacon
2 medium-large zucchini (about 10 oz. each), stem ends removed
2/3 cup shredded reduced-fat Mexican-blend cheese
1/4 cup chopped scallions
Optional topping: light sour cream

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook times.)

Pierce zucchini several times with a fork. Place on a microwave-safe plate, and microwave for 1 minute.

Flip zucchini and microwave for 1 more minute, or until slightly softened.

Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh, leaving about 1/4 inch inside the skin. Thoroughly pat dry.

Place hollowed-out zucchini on the baking sheet, cut sides up. Fill with cheese. Chop or crumble bacon, and sprinkle over cheese.

Bake until zucchini has softened, cheese has melted, and bacon is hot, about 8 minutes.

Cut each piece in half widthwise, and sprinkle with scallions.

MAKES 4 SERVINGS

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