



## Mexi-licious Zucchini Boats



1/2 of recipe (2 stuffed zucchini halves): 299 calories, 11.5g total fat (5.5g sat. fat), 614mg sodium, 15.5g carbs, 3.5g fiber, 8g sugars, 35g protein

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

**Cool:** 5 minutes

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### Ingredients

2 medium-large zucchini (about 10 oz. each)  
8 oz. raw extra-lean ground beef (4% fat or less)  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/4 tsp. salt  
1/8 tsp. black pepper  
1/2 tsp. ground cumin  
1/2 tsp. chili powder  
1/4 cup frozen sweet corn kernels  
1/2 cup shredded reduced-fat Mexican-blend cheese  
1/2 cup chopped tomato  
1/4 cup chopped scallions  
Optional toppings: light sour cream, salsa, sliced black olives, chopped fresh cilantro

### Directions

Preheat oven to broil. Spray a baking sheet with nonstick spray.

Slice off and discard stem ends of zucchini. Pierce zucchini several times with a fork. Place on a microwave-safe plate, and microwave for 3 minutes.

Flip zucchini and microwave for 3 more minutes, or until softened. Pat dry. Let cool, about 5 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with garlic powder, onion powder, salt, and pepper. Add 1/4 tsp. cumin and 1/4 tsp. chili powder. Cook and crumble for about 4 minutes. Add corn. Cook and stir until corn has thawed and beef is fully cooked, about 1 minute.

Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh (or save for another time), leaving about 1/4 inch inside the skin. Thoroughly pat dry. Sprinkle with remaining 1/4 tsp. cumin and 1/4 tsp. chili powder.

Place hollow zucchini halves on the baking sheet. Fill with beef mixture, and sprinkle with cheese.

Bake until entire dish is hot and cheese has melted, about 1 minute.

Top with tomato and scallions.

**MAKES 2 SERVINGS**

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