



Spinach Feta Stuffed Zucchini



1/2 of recipe (2 stuffed zucchini halves): 110 calories, 3.5g total fat (2g sat. fat), 373mg sodium, 14g carbs, 4.5g fiber, 9g sugars, 7g protein

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

Cool: 5 minutes



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Ingredients

2 medium-large zucchini, stem ends removed
2 cups chopped spinach leaves
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. each salt and black pepper
1/4 cup crumbled feta cheese
2 tbsp. bagged sun-dried tomatoes (not packed in oil), chopped

Directions

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

Pierce zucchini several times with a fork. Place zucchini on a microwave-safe plate, and microwave for 2 minutes.

Flip zucchini and microwave for 2 more minutes, or until softened. Pat dry. Let cool, about 5 minutes.

Cut zucchini in half lengthwise. Gently scoop out and roughly chop the inside flesh (do not discard), leaving about 1/4 inch inside the skin. Thoroughly pat dry. (Both the hollow halves and the chopped zucchini.) Place hollow zucchini halves on the sheet.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chopped zucchini, spinach, and seasonings. Cook until spinach has wilted, about 1 minute.

Remove skillet from heat, and thoroughly blot contents dry. Stir in 2 tbsp. feta cheese. Evenly distribute mixture among the zucchini halves.

Sprinkle stuffed zucchini halves with remaining 2 tbsp. feta.

Bake until entire dish is hot and topping has lightly browned, about 3 minutes.

Top with sun-dried tomatoes.

MAKES 2 SERVINGS

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