



Cheeseburger Stuffed Zucchini



1/2 of recipe (2 stuffed zucchini halves): 199 calories, 7g total fat (3.5g sat. fat), 610mg sodium, 17.5g carbs, 4g fiber, 12g sugars, 18g protein

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

Cool: 5 minutes

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Ingredients

2 medium-large zucchini (about 10 oz. each)
4 oz. raw extra-lean ground beef (4% fat or less)
1/2 cup chopped onion
1/8 tsp. garlic powder
1/8 tsp. onion powder
Dash each salt and black pepper
2 tbsp. shredded reduced-fat cheddar cheese
1 1/2 tbsp. light/reduced-fat cream cheese
1 tbsp. ketchup
1 1/2 tsp. yellow mustard
1/2 cup chopped tomato
1/4 cup chopped hamburger dill pickle chips
Optional topping: sesame seeds, additional ketchup and yellow mustard

Directions

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. Let cool, about 5 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and onion, and sprinkle with seasonings. Cook, stir, and crumble until beef is fully cooked and onion has softened, about 5 minutes.

Remove skillet from heat, and add cheddar cheese, cream cheese, ketchup, and mustard. Stir until thoroughly mixed and melted.

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

Fill zucchini halves with beef mixture.

Sprinkle with tomato and pickles.

MAKES 2 SERVINGS

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