



Fully Loaded Hasselback Zucchini



1/2 of recipe (1 loaded zucchini): 177 calories, 9.5g total fat (5.5g sat. fat), 449mg sodium, 11.5g carbs, 2.5g fiber, 9.5g sugars, 13g protein

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Prep: 10 minutes **Cook:** 40 minutes

Cool: 5 minutes



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Ingredients

2 medium-large zucchini (about 8 oz. each)
Dash each salt and black pepper
1/2 cup shredded reduced-fat Mexican-blend cheese
1/4 cup light sour cream
2 tbsp. chopped scallions
1 tbsp. precooked real crumbled bacon

Directions

Preheat oven to 400 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Slice off and discard stem ends of zucchini. Cut slits through the width, about 1/2-inch apart, stopping about 1/4 inch from the bottom. (See HG tip below.)

Place zucchini on the center of the foil, and cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 35 minutes.

Remove sheet, and let cool for 5 minutes. Set oven to broil.

Cut packet to release steam before removing the top piece of foil. Sprinkle zucchini with salt and pepper. Carefully sprinkle cheese into the slits of the zucchini.

Broil until cheese has melted and lightly browned, about 1 minute.

Top with remaining ingredients.

MAKES 2 SERVINGS

HG Tip: When slicing each zucchini, place it between two chopsticks on the cutting board. This will prevent you from slicing through to the bottom. [Check out this how-to photo!](#)

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