



## Italian-Style Stuffed Zucchini



1/4th of recipe (2 stuffed zucchini halves): 202 calories, 8.5g total fat (5g sat fat), 594mg sodium, 16g carbs, 4g fiber, 11.5g sugars, 17.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Prep:** 25 minutes    **Cook:** 35 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

4 medium-large zucchini (about 9 oz. each)  
1 cup canned crushed tomatoes  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1 1/4 tsp. Italian seasoning  
1 1/4 cup light/low-fat ricotta cheese  
3 tbsp. grated Parmesan cheese  
2 tbsp. chopped fresh basil  
1 tsp. chopped garlic  
1/4 tsp. each salt and black pepper  
1/2 cup shredded part-skim mozzarella cheese  
Optional topping: additional chopped fresh basil

### Directions

Preheat oven to 350 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Slice off and discard stem ends of zucchini. Pierce zucchini several times with a fork. On a microwave-safe plate, microwave for 2 minutes.

Meanwhile, in a medium bowl, combine canned crushed tomatoes with garlic powder, onion powder, and 1 tsp. Italian seasoning. Mix well.

In a second medium bowl, combine ricotta, Parm, basil, chopped garlic, salt, pepper, and remaining 1/4 tsp. Italian seasoning. Mix until uniform.

Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh (or save for another time), leaving about 1/4 inch inside each half. Thoroughly pat dry. Place hollow halves in the baking pan. (They will fit tightly.)

Evenly distribute ricotta mixture among the zucchini halves, about 3 tbsp. each.

Gently spread seasoned tomatoes over stuffed zucchini. Bake until hot and bubbly, about 25 minutes.

Remove pan from oven, and increase temperature to 400 degrees.

Top zucchini with mozzarella. Bake until melted, about 5 minutes.

**MAKES 4 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

