



Meat Lovers Pizza Zucchini Boats



Entire recipe: 241 calories, 11g total fat (5g sat. fat), 766mg sodium, 14g carbs, 3g fiber, 7.5g sugars, 20.5g protein

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Prep: 5 minutes **Cook:** 5 minutes

Cool: 5 minutes



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Ingredients

- 1 medium-large zucchini
- 1 frozen meatless or turkey sausage patty with 80 calories or less
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 2 tbsp. pizza sauce
- 1/4 cup shredded part-skim mozzarella cheese
- 3 slices turkey pepperoni, chopped
- 1 1/2 tsp. precooked crumbled bacon

Directions

Pierce zucchini several times with a fork. Microwave for 1 minute.

Flip zucchini and microwave for 1 more minute, or until softened. Let cool, about 5 minutes.

Cook sausage according to package directions, either in a skillet over medium heat or on a microwave-safe plate in the microwave. Chop or crumble sausage into pieces.

Cut zucchini in half lengthwise. Gently scoop out and discard the insides, leaving about 1/4 inch inside the skin. Thoroughly pat dry. Sprinkle with garlic powder and onion powder.

Divide crumbled sausage between zucchini halves. Top with sauce, cheese, chopped pepperoni, and bacon.

Microwave for 1 1/2 minutes, or until cheese has slightly melted.

MAKES 1 SERVING

See How's It Done... Got 35 seconds? [Watch this video](#) to see today's recipe come to life.

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