



## Meatball Parm Zucchini Boats



1/2 of recipe (2 zucchini boats): 291 calories, 11g total fat (4g sat. fat), 684mg sodium, 20.5g carbs, 4g fiber, 10.5g sugars, 29g protein

**Prep:** 15 minutes    **Cook:** 25 minutes



### Ingredients

2 medium-large zucchini (about 9 oz. each)  
6 oz. raw extra-lean ground beef (at least 96% lean)  
1/4 cup finely chopped onion  
3 tbsp. panko breadcrumbs  
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute  
1/4 tsp. onion powder  
1/8 tsp. Italian seasoning  
1/8 tsp. each salt and black pepper  
1/2 tsp. garlic powder  
2/3 cup marinara sauce with 4g fat or less per serving  
1/4 cup shredded part-skim mozzarella cheese  
2 tsp. grated Parmesan cheese, or more for topping

### Directions

Preheat oven to 400 degrees. Spray a baking sheet 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 3 minutes. Flip zucchini and microwave for 3 more minutes, or until softened.

In a large bowl, combine beef, onion, breadcrumbs, egg, onion powder, Italian seasoning, salt, pepper, and 1/4 tsp. garlic powder. Mix thoroughly. Firmly and evenly form into 16 small meatballs.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add meatballs, and cook and rotate until browned on all sides, about 3 minutes. Reduce heat to medium low. Carefully add sauce, and coat the meatballs. Cover and cook for 8 minutes, or until meatballs are cooked through.

Cut zucchini in half lengthwise. Gently scoop out the inside flesh, leaving about 1/4 inch inside the skin. Thoroughly pat dry. Place on the baking sheet, and sprinkle with remaining 1/4 tsp. garlic powder.

Evenly distribute meatballs and sauce among the zucchini (4 meatballs per half). Sprinkle with mozzarella and Parm. Bake until melted, about 5 minutes.

### MAKES 2 SERVINGS

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