



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

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

[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.