



Mexi-licious Zucchini Boats



1/2 of recipe (2 stuffed zucchini halves): 299 calories, 11.5g total fat (5.5g sat. fat), 614mg sodium, 15.5g carbs, 3.5g fiber, 8g sugars, 35g protein

[Click for WW Points® value*](#)

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

Cool: 5 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

2 medium-large zucchini (about 10 oz. each)
8 oz. raw extra-lean ground beef (4% fat or less)
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
1/2 tsp. ground cumin
1/2 tsp. chili powder
1/4 cup frozen sweet corn kernels
1/2 cup shredded reduced-fat Mexican-blend cheese
1/2 cup chopped tomato
1/4 cup chopped scallions
Optional toppings: light sour cream, salsa, sliced black olives, chopped fresh cilantro

Directions

Preheat oven to broil. Spray a baking sheet with nonstick spray.

Slice off and discard stem ends of zucchini. Pierce zucchini several times with a fork. Place on a microwave-safe plate, and microwave for 3 minutes.

Flip zucchini and microwave for 3 more minutes, or until softened. Pat dry. Let cool, about 5 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with garlic powder, onion powder, salt, and pepper. Add 1/4 tsp. cumin and 1/4 tsp. chili powder. Cook and crumble for about 4 minutes. Add corn. Cook and stir until corn has thawed and beef is fully cooked, about 1 minute.

Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh (or save for another time), leaving about 1/4 inch inside the skin. Thoroughly pat dry. Sprinkle with remaining 1/4 tsp. cumin and 1/4 tsp. chili powder.

Place hollow zucchini halves on the baking sheet. Fill with beef mixture, and sprinkle with cheese.

Bake until entire dish is hot and cheese has melted, about 1 minute.

Top with tomato and scallions.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: April 14, 2017

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.