



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

Green Plan [SmartPoints](#)® value 6*

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

Purple Plan [SmartPoints](#)® value 5*

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

Cool: 5 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

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

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.

