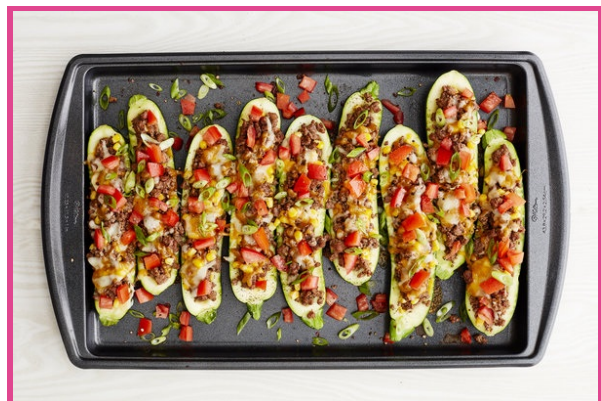




Mexi-licious Zucchini Boats



1/2 of recipe (2 stuffed zucchini halves): 303 calories, 11.5g total fat (5.5g sat. fat), 461mg sodium, 16.5g carbs, 3.5g fiber, 8.5g sugars, 35g protein

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

Cool: 5 minutes

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Ingredients

2 medium-large zucchini (about 10 oz. each)
8 oz. raw extra-lean ground beef
2 tsp. taco seasoning, divided
1/4 cup frozen sweet corn kernels
1/2 cup shredded reduced-fat Mexican-blend cheese
1/2 cup chopped tomatoes
1/4 cup chopped scallions

Directions

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

Pierce zucchini several times with a fork. Microwave for 3 minutes.

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

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and 1 1/2 tsp. seasoning. 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 1/2 tsp. seasoning.

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

Bake until zucchini is hot and cheese has melted, about 1 minute. Top with tomatoes and scallions.

MAKES 2 SERVINGS

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