



## Spinach Feta Stuffed Zucchini



1/2 of recipe (2 stuffed zucchini halves): 110 calories, 3.5g total fat (2g sat fat), 373mg sodium, 14g carbs, 4.5g fiber, 9g sugars, 7g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

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

**Cool:** 5 minutes



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

### Ingredients

2 medium-large zucchini, stem ends removed  
2 cups chopped spinach leaves  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/8 tsp. each salt and black pepper  
1/4 cup crumbled feta cheese  
2 tbsp. bagged sun-dried tomatoes (not packed in oil), chopped

### Directions

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

Pierce zucchini several times with a fork. Place zucchini on a microwave-safe plate, and microwave for 2 minutes.

Flip zucchini and microwave for 2 more minutes, or until softened. Pat dry. Let cool, about 5 minutes.

Cut zucchini in half lengthwise. Gently scoop out and roughly chop the inside flesh (do not discard), leaving about 1/4 inch inside the skin. Thoroughly pat dry. (Both the hollow halves and the chopped zucchini.) Place hollow zucchini halves on the sheet.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chopped zucchini, spinach, and seasonings. Cook until spinach has wilted, about 1 minute.

Remove skillet from heat, and thoroughly blot contents dry. Stir in 2 tbsp. feta cheese. Evenly distribute mixture among the zucchini halves.

Sprinkle stuffed zucchini halves with remaining 2 tbsp. feta.

Bake until entire dish is hot and topping has lightly browned, about 3 minutes.

Top with sun-dried tomatoes.

**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.)

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