

## Zucchini Boats

These veggie-stuffed boats make a great summer dish and are made with cornbread stuffing, shredded carrots, onion and low-fat cheese. They are also wonderful paired with any meat.

### Ingredients

2 medium zucchini  
½ Cup shredded carrot  
¼ Cup chopped onion  
Vegetable cooking spray  
1 Cup cornbread stuffing mix  
3 Tbsp. water  
¼ Cup shredded reduced-fat sharp cheddar cheese



Makes 4 servings

### Preparation

1. Halve zucchini lengthwise. Scoop out pulp, leaving ¼-inch thick shells. Discard pulp.
2. Place zucchini halves, cut side down, in a large skillet. Add ½ cup water. Bring to a boil; reduce heat. Cover and simmer for 5 minutes. Drain zucchini on paper towels.
3. Meanwhile, prepare stuffing. Lightly spray a medium saucepan with vegetable spray. Add carrot and onion; cook over medium heat until onion is tender.
4. Stir in stuffing mix and water.
5. Spoon stuffing into prepared zucchini, then sprinkle cheese on top; place them in shallow baking dish.
6. Bake in 350° oven about 20 minutes, or until zucchini are tender and stuffing is heated through.

### Nutritional Analysis (per serving)

Calories: 114  
Total Fat: 3g  
Saturated Fat: 1g  
Carbohydrates: 17g  
Protein: 5.6g  
Cholesterol: 0mg  
Fiber: 2.4g  
Sodium: 226mg

Recipe created by Cleveland Clinic Wellness Institute