

# Zucchini Boats 5 Ways

SUMMER NUTRITION CLUB FAMILY COOKING NIGHT



## General Directions

*Serves 6 people*

1. Preheat oven to 400°F, and line a baking sheet with parchment paper or foil.
2. Trim the ends off of 3 zucchini, then cut them in half length-wise.
3. Scoop out the seeds with a spoon, leaving about 1/2-inch of zucchini flesh.
4. Set each zucchini on the baking sheet, skin side down, and set aside to prepare the filling.
5. Prepare filling ingredients, and divide among each zucchini boat. Each recipe yields about 6-8 servings of filling!
6. Bake zucchini boats for 20-25 minutes, and remove from the oven when the zucchini is tender.



Recipe and photo from:  
<https://domesticsuperhero.com/southwestern-stuffed-zucchini-boats/>

## Southwest

### Ingredients

- 1 cup chunky salsa
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1 cup fresh, frozen, or canned corn (cook if fresh from cob, thaw if frozen, drain and rinse if canned)
- 1 cup canned black beans, drained and rinsed
- 1/2 cup shredded cheese
- Optional toppings: lime juice, cilantro, green onions, sour cream

### Additional Directions for Filling

1. Drain excess liquid from salsa and add it to a mixing bowl.
2. Add cumin and chili pepper; stir. Add corn and black beans to the bowl and mix until evenly distributed.
3. Divide mixture into the zucchini boats and sprinkle with cheese.
4. After baking, top with optional ingredients.

## Italian

### Ingredients

- Salt and pepper to sprinkle
- 1/2 teaspoon Italian seasoning
- 1/2 tablespoon olive oil
- 1/2 cup diced onion
- 1/2 pound ground turkey or Italian sausage
- 1 large garlic clove, minced
- 1 cup marinara sauce/tomato sauce
- 1/2 cup shredded cheese
- Optional toppings: fresh herbs, like basil, oregano, or parsley



Recipe and photo from:  
<https://easybudgetrecipes.com/italian-zucchini-boats/>

### Additional Directions for Filling

1. Sprinkle each zucchini half with salt, pepper, and Italian seasoning.
2. In a skillet set over medium-high heat, add olive oil, onion, and meat. Cook, stirring constantly, for 5 minutes or until the meat is browned. Drain excess grease from meat.
3. Add garlic and cook until fragrant, about 1 minute.
4. Add tomato sauce to the pan with the meat and simmer for 3 minutes. Season to taste with salt and pepper.
5. Spoon mixture into zucchini boats, and sprinkle cheese on top of each.
6. After baking, let cool for 5 minutes before sprinkling fresh herbs on top (optional).

# Get creative and mix-and-match the ingredients that you have!

## Greek

### Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 red pepper, diced
- 1/4 cup diced red onion
- 1/2 cup canned chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon of salt
- 1/4 teaspoon pepper
- Optional toppings: sliced olives, feta cheese, chopped fresh tomatoes, dill

### Additional Directions for Filling

1. Prepare 1/2 cup of quinoa with 1 cup of water according to the directions on the package.
2. Mix cooked quinoa with garlic powder, oregano, red pepper, red onion, chickpeas, olive oil, lemon juice, salt, and pepper.
3. Divide among zucchini boats and bake. After baking, top with any optional ingredients.



Recipe and photo from: <https://www.platingsandpairings.com/greek-stuffed-zucchini-boats-30-minute-recipe/>

## Cheeseburger

### Ingredients

- 1 pound ground beef
- 1/2 cup diced onion
- 1 tablespoon minced garlic
- 14.5 ounces canned crushed tomatoes, drained
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded cheese
- Optional toppings for serving: shredded lettuce, pickles/relish, ketchup, mustard



### Additional Directions for Filling

1. Cook the ground beef and onions until browned. Drain off excess fat and return meat to the skillet.
2. Stir in the garlic, tomatoes, and seasonings. Bring this mixture to a slight boil, then reduce the heat and simmer for about 5 minutes. You want some of the liquid to evaporate out.
3. Stir in the cheese and then spoon the mixture into the zucchini boats. Sprinkle on more cheese before baking.
4. Serve with lettuce, pickles, ketchup, and mustard for the total cheeseburger experience!

Recipe and photo from: <https://insidebrucrewlife.com/bacon-cheeseburger-stuffed-zucchini/>

## Curry

### Ingredients

- 1/2 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 tablespoons curry powder
- 14.5 ounces canned crushed tomatoes
- 15 ounces canned lentils or chickpeas, rinsed and drained
- 1/4 cup fat-free plain yogurt
- Optional spices/toppings: coriander, turmeric, cumin, chili powder, cilantro, green onions, shredded coconut



### Additional Directions for Filling

1. Add olive oil to a skillet over medium-high heat and saute the onion and garlic for about 5 minutes.
2. Add curry powder to the skillet and stir well to combine. If additional flavor is desired, add more of any optional spices.
3. Add tomatoes and lentils to the pan, stir, and let simmer for about 8 minutes.
4. Stir in 1/4 cup yogurt before dividing mixture into zucchini boats.

Recipe and photo from: <https://www.hungryhealthyhappy.com/10-minute-chickpea-and-spinach-curry/>

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Have extra filling? Eat it in a tortilla, on a salad, or over pasta or rice!