

# Zucchini Boats



## Makes 4 servings

2 medium zucchini

½ C shredded carrot

¼ C chopped onion

Vegetable cooking spray

1 C cornbread stuffing mix

3 Tbsp water

¼ C shredded reduced-fat sharp cheddar cheese

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 INFORMATION (PER SERVING):

**Calories:** 114

**Total Fat:** 3g

**Saturated Fat:** 1g

**Carbohydrates:** 17g

**Protein:** 5.6g

**Cholesterol:** 0mg

**Fiber:** 2.4g

**Sodium:** 226mg