

~Zucchini Boats~

Ingredients:

- 3 zucchini (medium)
- 1 tablespoon olive oil
- 2 cloves garlic
- 1 1/2 pounds ground turkey or beef
- 1/2 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1 cup pico de gallo
- optional toppings: cilantro, Mexican shredded cheese blend (PHASE 2 and 3 ONLY)

Directions:

1. Preheat the oven to 400 degrees F.
2. Scoop out the insides of the zucchini with a spoon or melon scooper and chop them.
3. Add the chopped zucchini to a large skillet.
4. Place the scooped out zucchini shells into a 9 by 13 baking dish. (If you prefer a softer zucchini, place this dish in the oven and cook for about 15 minutes then scoop the cooked filling into the zucchini boats and bake as directed below).
5. Cook the chopped zucchini with olive oil and garlic on medium heat and add the turkey.
6. Once the turkey is browned, add the seasonings, pico and 1 cup of cheese (PHASE 2 and 3 ONLY).
7. Continue to cook until cheese is melted.
8. Fill zucchini with this mixture then top with remaining cheese.
9. Cover and bake 20-25 minutes or until zucchini is tender.
10. Enjoy with optional toppings!