

## Zucchini Pizza Boats

*This is not my effort to cut out pizza. I am a firm believer that all foods can fit into a healthy regime. This recipe was my effort to make tasty zucchini as an entrée because veggies bore me (and my husband). I paired these with garlic bread to complete the meal. I also reduced waste by using the scrapped out zucchini in my chili the next day, but it would also be tasty in a [zucchini bread recipe](#).*

### Ingredients:

3 medium	Zucchini
3 sprays	Cooking spray (I use a canola oil cooking spray)
1 tbsp	Garlic powder
2 tsp	Dry minced onion
¼ cup	Pizza sauce, no sugar added
¼ cup	Mozzarella cheese, part skim milk
Optional	Toppings of choice (veggies, olives, lean proteins, pineapple, etc)

### Directions:

1. Preheat the oven to 350 degrees.
2. Cut off the ends of the zucchini, then halve each zucchini long-ways. Take a spoon and scrape the center out of each halve until each zucchini looks like a mini “boat.” Save the zucchini filling for another recipe, such as chili or [zucchini bread](#).
3. Place the zucchini halves in a line on a baking sheet. Spray the cooking spray on the top of each zucchini boat. Bake until zucchini is tender.
4. Remove from the oven, being careful (they will be hot).
5. Sprinkle with garlic powder and dry minced onion. Fill each pizza boat with 2 tbsp pizza sauce. Top with 2 tbsp cheese and toppings of choice.
6. Increase oven temperature to 400 degrees. Return pizza boats to the oven and cook until toppings are heated thoroughly, and cheese is melted.
7. Remove and serve!

Servings: 3  
 Serving size: 2 zucchini boats (2 halves)  
 \*\*Nutrition facts do not reflect any optional toppings.

Zucchini Pizza Boat		
<b>Nutrition Facts</b>		
Serving Size: 1 × 2 zucchini boats		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	179 kcal	9 %
<b>Total Fat</b>	9.5 g	15 %
Saturated Fat	3.9 g	20 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	21.1 mg	7 %
<b>Sodium</b>	307.4 mg	13 %
<b>Total Carbohydrate</b>	13.3 g	4 %
Dietary Fiber	3.3 g	13 %
Sugars	7.6 g	
<b>Protein</b>	11.7 g	23 %
Vitamin A	6 % • Vitamin C	59 %
Calcium	28 % • Iron	7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at <a href="http://cronometer.com">cronometer.com</a>		</>