



Italian-Style Stuffed Zucchini



1/4th of recipe (2 stuffed zucchini halves): 202 calories, 8.5g total fat (5g sat. fat), 594mg sodium, 16g carbs, 4g fiber, 11.5g sugars, 17.5g protein

Prep: 25 minutes **Cook:** 35 minutes

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Ingredients

4 medium-large zucchini (about 9 oz. each)
1 cup canned crushed tomatoes
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 1/4 tsp. Italian seasoning
1 1/4 cup light/low-fat ricotta cheese
3 tbsp. grated Parmesan cheese
2 tbsp. chopped fresh basil
1 tsp. chopped garlic
1/4 tsp. each salt and black pepper
1/2 cup shredded part-skim mozzarella cheese
Optional topping: additional chopped fresh basil

Directions

Preheat oven to 350 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Slice off and discard stem ends of zucchini. Pierce zucchini several times with a fork. On a microwave-safe plate, microwave for 2 minutes.

Meanwhile, in a medium bowl, combine canned crushed tomatoes with garlic powder, onion powder, and 1 tsp. Italian seasoning. Mix well.

In a second medium bowl, combine ricotta, Parm, basil, chopped garlic, salt, pepper, and remaining 1/4 tsp. Italian seasoning. Mix until uniform.

Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh (or save for another time), leaving about 1/4 inch inside each half. Thoroughly pat dry. Place hollow halves in the baking pan. (They will fit tightly.)

Evenly distribute ricotta mixture among the zucchini halves, about 3 tbsp. each.

Gently spread seasoned tomatoes over stuffed zucchini. Bake until hot and bubbly, about 25 minutes.

Remove pan from oven, and increase temperature to 400 degrees.

Top zucchini with mozzarella. Bake until melted, about 5 minutes.

MAKES 4 SERVINGS

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