

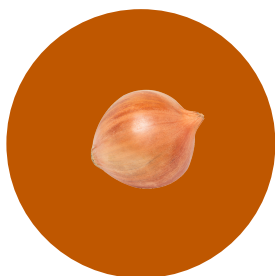


5-Ingredient Meal: Turkey Zucchini Boat

Ingredients:



2 Zucchini



1 Medium
Onion



1 lb Lean
Ground Turkey



1.5 cups
Marinara
Sauce



2 tbsp.
Parmesan
Cheese

Directions:

1. Preheat the oven to 400°F
2. Cut the zucchini in half and scoop out the insides. *This is your zucchini boat!*
3. Set both zucchini boats and scooped zucchini insides to the side.
4. Dice the onion.
5. Cook diced onion, zucchini insides, and ground turkey in a pan over medium heat for 10 minutes. Season with salt and pepper.
6. Add marinara sauce and cook for 2-3 more minutes
7. Place the zucchini boats in a baking dish. Spoon the turkey mixture into the four zucchini boats. Sprinkle each boat with a little parmesan cheese. Cover the baking dish with foil.
8. Bake for 20-30 minutes OR until boats are heated through and cheese has melted.
9. Serve, enjoy, and save the rest for later - **one half zucchini = 1 serving!**

QUICK TIP!



Look for this Marinara Sauce with no added sugar at HEB or try making your own with our *Making Marinara Sauce* recipe!