

TUNA STUFFED ZUCCHINI BOATS

INGREDIENTS

- 1 can of Tuna
- 1 Parsley
- 2 Zucchini, medium large
- 1 Egg
- 2 tbsp Lemon juice
- 1 Black pepper
- 1 Salt
- 1/3 cup Ideal Protein Croutons

PREPARATION

1. Preheat the oven to 390° F.
2. Cut the zucchini in half lengthwise and scoop out the flesh with a spoon. Leave the shell at least 6-7 mm (1/4") thick or even more. Keep about 1/3 of the zucchini flesh aside.
3. Sprinkle the zucchini shell with salt and place it cut side down on a paper towel for a few minutes to remove the excess water.
4. Meanwhile, prepare the stuffing. In a bowl, mix the canned tuna with the 1/3 of zucchini flesh - chopped finely.
5. Add the egg, lemon juice, and IP Crouton crumbs and mix well.
6. Using a tablespoon, stuff the zucchini, press well to make sure there are no air pockets.
7. Place the zucchini on a baking sheet, then sprinkle on top with chopped parsley, more breadcrumbs, and drizzle with olive oil.
8. Bake for about 20-25 minutes or until a fork can easily pierce the zucchini.
9. Serve and enjoy!

