

AIR FRYER VEGGIE STUFFED ZUCCHINI BOATS



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Sized Zucchini	2	Salt and pepper	To Taste
Roma Tomato, Chopped	1	Shredded Mexican Style Cheese	½ Cup
Jalapeno Diced	1	(maintenance only)	
Red Bell Pepper Diced	1	Olive Oil	1½ Tsp.
Garlic Powder Or Fresh Garlic	½ Tsp.		
Chili Powder	½ Tsp.		



PREPARATION

- Preheat your air fryer to 360°F (180°C).
- Wash the zucchinis and cut them in half lengthwise. Using a spoon, scoop out the seeds and some of the flesh to create a hollow boat.
- In a mixing bowl, combine the chopped roma tomato, diced jalapeno, diced red bell pepper, garlic powder (or fresh minced garlic), and chili powder.
- Season with salt and pepper to taste. Drizzle with olive oil and mix well to combine all the ingredients.
- Spoon the vegetable mixture into each zucchini boat, dividing it evenly among them.
- Place the stuffed zucchini boats in the air fryer basket for about 8-10 minutes, or until the zucchini is tender.
- Sprinkle the shredded Mexican-style cheese over each zucchini boat (maintenance only). Return them to the air fryer and cook for 2-3 minutes, or until the cheese is melted and slightly golden.
- Serve and Enjoy!