



## BEEF STUFFED ZUCCHINI BOATS



### INGREDIENTS

#### ITEM

#### QUANTITY

- Medium Zucchini 1
- Lean Ground Beef 5 Oz.
- Diced Red Bell Pepper ¼ Cup
- Sliced Green Onion Tops 2 Tbsps.
- Grated Parmesan Cheese 2 Tbsps.
- Gluten-free Breadcrumbs 1 Tbsp.
- Chopped Fresh Parsley 1 Tbsp.
- Dried Oregano ½ Tsp.
- Garlic-infused Olive Oil 1 Tsp.
- Salt and Black Pepper, to taste

#### SERVING SIZE

1



### PREPARATION

- Preheat oven to 400°F.
  - Slice zucchini in half lengthwise.
  - Scoop out the center of each zucchini half, leaving about ¼ inch around the edges to create a boat.
  - Place zucchini halves on a lined baking sheet and season lightly with salt and pepper.
  - Heat garlic-infused olive oil in a skillet over medium heat.
  - Add ground beef and cook until browned, breaking it apart as it cooks.
  - Add red bell pepper and green onion tops and cook for another 2-3 minutes.
- Remove from heat and stir in Parmesan cheese, breadcrumbs, parsley, oregano, salt, and pepper.
  - Fill zucchini halves evenly with the beef mixture.
  - Bake for 18-22 minutes, until zucchini is tender and filling is cooked through.