

Stuffed Zucchini Boats

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-boat-recipe-with-italian-sausage>

Ingredients:

- 8 inches zucchini ends trimmed, then cut in half lengthwise
- 1 tablespoon olive oil
- 1/2 cup finely chopped onion
- 3 garlic cloves medium, minced
- 3/4 pound sweet Italian sausage lean turkey
- 1/2 cup Parmesan cheese
- 1/2 cup mozzarella cheese
- 1/2 cup marinara sauce tomato-basil
- 3 tablespoons fresh basil chopped
- salt and pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 730 milligrams
9. Sugar: 3 grams

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