

Italian Zucchini Boats

Yield: 6 min
Total Time: 15 min

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

Ingredients:

- 2 zucchini large, or 4 smaller ones
- 1/2 pound sweet Italian turkey sausage Honeysuckle
- 1/2 jar spaghetti sauce
- 1/2 teaspoon italian seasoning
- 1 teaspoon minced garlic
- 1/2 cup mozzarella cheese

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 660 milligrams
9. Sugar: 9 grams

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