Stuffed Zucchini Boats
in a new light

Makes: 6 servings
Prep Time: 20 minutes
Cook Time: 25 minutes
Difficulty: Easy

Ingredients:
- 2 teaspoons olive oil
- 8 ounces mushrooms, halved if large, and thinly sliced (about 3 cups)
- 1/2 medium onion, finely chopped
- 1 garlic clove, minced
- 3 medium zucchinis
- 3/4 cup part-skim ricotta
- 1/4 cup plus 6 tablespoons part-skim mozzarella cheese, divided
- 2 tablespoons freshly grated Romano cheese
- 2 tablespoons slivered fresh basil
- 1/4 teaspoon ground black pepper

Directions:
Line a broiler-pan rack with foil. Preheat the broiler.

Heat the oil in a large nonstick skillet over medium-high heat. Add the mushrooms, onion, and garlic, and cook, stirring occasionally, until mushrooms are browned and any liquid is evaporated, about 10 minutes. Remove from the heat and let cool slightly.

Meanwhile, cut the zucchinis lengthwise in half and scoop out the seeds and centers with a small spoon, leaving a 1/4-inch-thick shell. Place the shells, cut-side up, on the broiler pan rack. Lightly spray with nonstick spray and broil, 6 inches from the heat, until the shells begin to soften slightly, about 5 minutes. Remove from broiler and let cool. Leave the broiler on.

In a medium bowl, combine the mushroom mixture, ricotta, 1/4 cup of the mozzarella, Romano cheese, basil, and pepper. Spoon the filling into the shells and place on the broiler pan rack. Top each with 1 tablespoon of the mozzarella. Return to the broiler and broil, 6 inches from the heat, until the filling is hot and the tops are lightly browned, 8–10 minutes.

Nutritional Information: Per serving (1 zucchini boat): 140 calories, 7 g fat (3.5 g saturated, 0 g trans), 15 mg cholesterol, 170 mg sodium, 9 g carbohydrate, 2 g fiber, 10 g protein.

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

Diabetes Care and Education
a dietetic practice group of the Academy of Nutrition and Dietetics

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.

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