

# Stuffed Zucchini

## INGREDIENTS:

- 1 pound lean ground beef or ground chicken/turkey (which ever you prefer)
- 3 large zucchini, scoop out seeds to create a canoe
- ½ cup raw oatmeal – or rice if you use rice you must first cook the rice as per instructions on rice package
- 2 cloves garlic, minced
- 1 small onion diced
- ¼ - ½ cup grated Parmesan cheese
- 1 teaspoon oregano, basil and parsley
- Salt & pepper to taste
- 1 (16 ounce) jar spaghetti sauce – heat on stove

## DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cook and stir the ground beef in a skillet over medium heat until the meat is browned, breaking the beef up into crumbles as it cooks, also add garlic and onions. Drain off excess fat, and transfer the beef into a mixing bowl.
3. Stir in the oatmeal or rice, and Parmesan cheese, oregano, basil, parsley, salt and pepper; mix the stuffing well.

Slice the zucchini in half the long way, and use a spoon to scoop out the flesh, leaving a 1/2-inch thick shell all around the zucchini.

Lightly stuff both halves of the zucchini with the meat mixture. Place the zucchini halves into an oiled baking dish, and cover tightly with foil.

4. Bake in the preheated oven for 25 -30 minutes, remove from oven, and remove the foil.

Serve with sauce on top, cheese and pasta.

One Zucchini boat about 260 calories