



Healthy Loaded Zucchini Skins with Ground Turkey

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 25-30 MINS

INGREDIENTS

- 4 medium zucchini, halved lengthwise and seeds scooped out
- 1 lb. ground turkey (preferably lean)
- 1/2 cup shredded reduced-fat mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup plain nonfat Greek yogurt
- 1/4 cup chopped green onions
- 1 clove garlic, minced
- 1 tsp. chili powder
- 1/2 tsp. paprika
- Salt and pepper, to taste
- Olive oil spray (for roasting)
- Fresh cilantro or parsley (optional, for garnish)

DIRECTIONS

1. Preheat your oven to 400°F (200°C). Slice the zucchinis in half lengthwise and scoop out the seeds with a spoon, creating boats. Lightly spray the zucchini halves with olive oil and place them cut-side down on a baking sheet. Roast in the preheated oven for about 15 minutes, or until tender.
2. While the zucchinis are roasting, heat a large skillet over medium heat with a touch of olive oil spray. Add the ground turkey and cook, breaking it up with a spoon, until browned and fully cooked (about 5-7 minutes). Add the minced garlic, chili powder, paprika, salt, and pepper. Stir to combine and cook for another 1-2 minutes until fragrant.
3. Remove the skillet from heat and stir in the Greek yogurt, shredded mozzarella, and chopped green onions. Mix until everything is well combined.
4. Once the zucchini halves are roasted and cooled slightly, flip them over and spoon the turkey mixture into each zucchini boat. Sprinkle the filled zucchini with grated Parmesan cheese.
5. Return the stuffed zucchini to the oven and bake for an additional 10-12 minutes, or until the cheese is melted and bubbly.
6. Remove from the oven and garnish with fresh cilantro or parsley, if desired. Serve immediately.

NUTRITION

Serving size: 2 zucchini halves
 (per serving) 335.2 calories, 16.3g fat, 5g saturated fat, 125.5mg cholesterol, 293.6mg sodium, 9g carbohydrate, 2.5g fiber, 6.4g sugar, 40.1g protein