

Zucchini Pizza Boats

This healthy dish uses zucchini in place of traditional wheat pizza crust. Try dressing these tasty snacks up with any of your favorite pizza toppings.

Makes: 6 servings

Source: foodhero.org recipe/zucchini pizza boats

Ingredients

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 Tablespoons parmesan cheese

Directions

1. Heat oven to 350 degrees.
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.
5. Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Measuring Utensils
- Baking Sheet



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 of small zucchini	
Nutrients	Amount
Calories:	60
Total Fat:	3 g
Saturated Fat:	1.5 g
Cholesterol:	5 mg
Sodium:	180 mg
Total Carbohydrates:	4 g
Dietary Fiber:	1 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	14 g

SHOPPING LIST

Average total cost without oil and seasonings: \$10.59

Average cost/serving: \$1.77

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

My Cooking Notes



Add 3 to Cart
Green Zucchini (9 oz avg)



Add 1 to Cart
Tomato Pasta Sauce



Add 1 to Cart
Shredded Parmesan



Add 1 to Cart
Shredded Mozzarella