

# Zucchini Taco Boats

**Prep time: 20 minutes**  
**Total time: 40 - 45 minutes**

**Bake time: 20 - 25 minutes**  
**Serves: 4-8**

## Ingredients

- 1 lb. Hansen's Dairy ground beef \*
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{2}$  tsp coriander
- 4 medium zucchinis (8-10 inches long) \*\*
- 1 - 2 cups Bongards shredded cheddar cheese \*
- Kramer's Salsa \*
- $\frac{1}{2}$  medium onion, chopped (optional) \*\*
- $\frac{1}{2}$  medium bell pepper \*\*
- Country View Dairy sour cream

\* Items that can be purchased at Hansen's Dairy Stores

\*\* Items that can be purchased seasonally at Hansen's Dairy Stores

## Directions

Preheat oven to 400F.

Brown ground beef in medium skillet on medium heat-chopping to form fine crumbles.

Add cumin & coriander to ground beef while it is cooking, incorporating well.

While meat is browning, cut zucchini lengthwise and scoop out the middle, creating a 'boat.' (A melon baller works great for this. You can also save the flesh for other recipes like zucchini bread or muffins or add to compost.)

Chop the pepper & onion into small chunks.

Place the boats on a parchment-lined cookie sheet.

Fill boats with browned & seasoned meat.

Top with salsa, green pepper, onion & cheese.

Bake at 400F for 20 – 25 minutes.

Remove from oven.

Top with sour cream, salsa or other toppings of your choice.

Enjoy!

Note: You will probably need to cut up boats and eat with a fork instead of picking them up with your fingers

*Recipe by Julie at [www.JulieGrunklee.com](http://www.JulieGrunklee.com)*