Turkey Stuffed Zucchini



These healthy zucchini boats are stuffed with a mixture of ground turkey, Parmesan, and onions and topped with breadcrumbs.

PREP TIME:	COOK TIME:	TOTAL TIME:
10 mins	50 mins	1 hr

YIELD: 4 servings COURSE: Dinner, main dish, Meal Prep CUISINE: American

Ingredients

- 4 medium zucchini (6 to 7 ounces each)
- 1 teaspoon butter
- 1/2 small onion (finely diced)
- 1 shallot (minced)
- 3 cloves garlic (crushed)
- 1 oz white wine
- 1.3 lb ground turkey (20.8 oz)
- 1 large egg white
- 1/4 cup grated parmesan cheese
- 1 cup chicken broth
- 2 tablespoons whole wheat seasoned breadcrumbs
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 tablespoon Italian seasoning
- Salt and fresh pepper (to taste)

Instructions

1. Preheat oven to 400F.
2. Cut zucchini in half lengthwise and using a spoon or melon baller, scoop out flesh, leaving 1/4" thick. Arrange in a baking dish.
3. Chop the scooped out flesh of the zucchini in small pieces.
4. In a large skillet, melt the butter and add onion, shallot and garlic. Cook on a medium-low for about 2-3 minutes, until onions are translucent.
5. Add chopped zucchini and season with a pinch of salt, cook about 2-3 minutes.
6. Add wine and cook until it reduces.
7. Add ground turkey and season with salt and pepper, cooking until turkey is cooked through, breaking up in smaller pieces, about 5 minutes.
8. Add paprika, garlic powder and Italian seasoning. Mix well and cook another minute. Set aside to cool.
9. When cooled, add parmesan cheese and egg white, mix well.

10. Using a spoon, fill hollowed zucchinis with stuffing, pressing firmly and top with bread crumbs. Place chicken broth in bottom of the baking dish and cover tightly with foil.
11. Bake 35 minutes and serve right away.

Nutrition

Serving: 2halves, Calories: 258kcal, Carbohydrates: 12.5g, Protein: 39.5g, Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 78.5mg, Sodium: 344.5mg, Fiber: 2.5g, Sugar: 6g