



Zucchini Pizza Boats



Entire recipe (2 zucchini boats): 108 calories, 4g total fat (1.5g sat. fat), 467mg sodium, 8g carbs, 2g fiber, 4g sugars, 10g protein

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Prep: 10 minutes **Cook:** 5 minutes



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Ingredients

1 medium-large zucchini, stem end removed
1 stick light string cheese
2 tbsp. pizza sauce
3 slices turkey pepperoni, chopped
Optional seasonings: garlic powder, onion powder, black pepper, Italian seasoning
Optional topping: crushed red pepper flakes

Directions

Pierce zucchini several times with a fork. Place on a microwave-safe plate, and microwave for 2 minutes.

Flip zucchini and microwave for 2 more minutes, or until softened. Let cool, about 5 minutes.

Meanwhile, break string cheese stick into thirds, and place in a blender or food processor; blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Cut zucchini in half lengthwise. Gently scoop out the inside flesh, leaving about 1/4 inch inside the skin. Thoroughly pat dry.

If you like, season sauce. Divide sauce between hollowed-out zucchini halves, sprinkle with cheese, and top with chopped pepperoni.

Microwave for 1 minute, or until cheese has slightly melted. Enjoy!

MAKES 1 SERVING

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