

Stuffed Zucchini Boats

makes 8 pieces

If you've been looking for a no-fuss, healthy side dish to accompany all of your go-to Italian-inspired entrees, this is it.

Ingredients:

4 zucchini squash
Olive oil (or other cooking oil)
½ cup tomato or spaghetti sauce
1 fresh tomato, chopped
½ cup parmesan cheese (or other cheese)
Rosemary (optional)
Thyme (optional)
Salt and pepper to taste



Directions:

Preheat oven to 375° F.

Slice zucchini in half, lengthwise.
Scoop out the seeds with a spoon.

Brush the tops of the sliced zucchini with oil. Place on foil-lined baking pan.

Add some tomato sauce, chopped tomato, cheese, herbs, and salt and pepper.

Bake for 15 minutes. Change the oven setting to broil. Broil for three minutes, or until the cheese is slightly brown.

Enjoy!