

Louisiana HARVEST of the MONTH

Zucchini Pizza Boats

Home Recipe

Serves: 6

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

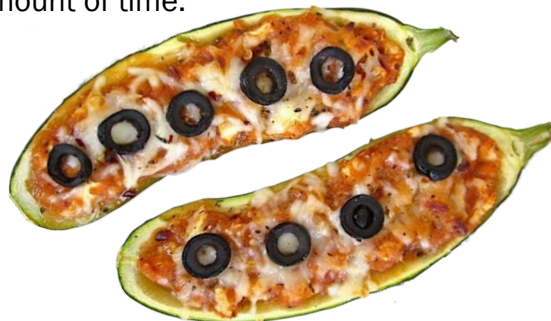
- 6 med. zucchini
- One 8 oz. can tomato sauce
- 1/4 cup breadcrumbs
- 1/4 cup parmesan cheese
- 1 tsp Italian seasoning blend
- One 2.25 oz. can sliced black olives
- 2 cups shredded mozzarella

Nutrients Per Serving

Calories	209
Total Fat	11.59 g
Saturated Fat	6.22 g
Cholesterol	33.08 mg
Sodium	379.88 mg
Carbohydrates	15.05 g
Dietary Fiber	3.06 g
Sugars	6.16 g
Protein	13.40 mg
Calcium	272.44 mg
Iron	1.74 mg
Vitamin A	817.16 IU
Vitamin C	33.67 mg

Cooking Instructions

- 1)** Preheat the oven to 425 degrees. Wash zucchini. Slice the zucchini lengthwise and, using a spoon, scoop out the flesh from the center. Leave about one centimeter of zucchini around the edges. Save the scooped out zucchini flesh in a bowl.
- 2)** Place the scooped out zucchini halves on a baking sheet. Dump the reserved zucchini flesh out onto a cutting board and chop it into smaller pieces. Return the chopped pieces to the bowl and stir in the tomato sauce, bread crumbs, parmesan cheese and Italian seasoning.
- 3)** Refill the zucchini halves with the prepared mixture. Top with mozzarella cheese and black olives. Place in the oven and bake for approximately 20 minutes or until the cheese has melted and is slightly browned. The longer the zucchini are in the oven, the softer they'll be so if you like firmer zucchini, bake for a shorter amount of time.



For More Information

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