

# ZUCCHINI TACO BOATS

*Enjoy this delicious re-invented taco that incorporates more servings of vegetables.*

- Prep | 10 m
- Cook | 35 m
- Ready in | 45 m
- Prepares | 6 zucchini boats

## PREP TIME



## INGREDIENTS

- 3 zucchini
- 1/2 lb ground turkey
- 1 1/2 cup cooked brown rice
- 1/2 onion, diced
- 1 bell pepper, diced
- 2-15 oz cans diced tomatoes
- 2 tablespoons taco seasoning (2 teaspoons chili powder, 2 teaspoons cumin, 1 teaspoon garlic powder)
- 1 cup shredded cheddar cheese
- Your favorite taco toppings, optional (avocado, cilantro, jalapeno, lime, lettuce, etc.)

## MORE IDEAS

- Go meatless! - Switch out ground turkey for black beans
- Substitute brown rice with quinoa
- Substitute diced tomatoes with salsa
- Save the seedy middle of the zucchini to make zucchini fritters.

## PROCEDURE

- 01** Preheat oven to 400 degrees F.
- 02** Cut zucchini in half lengthwise. Use spoon to scoop out seedy middle part. Place on baking sheet cut side up.
- 03** In a large skillet, brown the ground turkey for 5-6 minutes.
- 04** Add cooked rice, onions, bell peppers, diced tomatoes. and taco seasoning to skillet with the ground turkey. Simmer for 3-5 minutes.
- 05** Spoon meat and rice mixture into prepared zucchinis and top with cheese. Bake 15 minutes.
- 06** If desired, top with your favorite taco toppings. Serve.



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