

Zucchini Boats

Ingredients:

- 1 large zucchini weighing approximately 10.6 ounces (2 cups)
- 1 cup cauliflower rice cooked
- 1 cup chopped tomatoes
- 8 oz ground turkey or lean ground beef
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 TBSP Worcestershire sauce
- 1 heaping scoop Diet Right Cheese Sauce

Directions:

1. Preheat oven to 375 degrees
2. Slice zucchini lengthwise and scoop out middle
3. Microwave 1-2 minutes until soft
4. Cook ground turkey/beef, drain
5. Add to cook turkey/beef, onion powder, garlic powder, Italian seasoning, Worcestershire sauce, tomatoes, and half scoop of dry cheese sauce and mix well
6. Fill zucchini shells with meat mixture
7. Bake for 15 minutes
8. Add water to other half scoop cheese sauce (not too thin)
9. Remove zucchini boats from oven and drizzle with cheese sauce.

Makes 2 servings

Each serving uses:

2 cups vegetables, 4 oz. lean protein, 1/2 low calorie/low carb Diet Right Product

You can also chop the zucchini and make into a casserole.