AMERICAN · LUNCH · DINNER

Turkey-Stuffed Zucchini Boats

75 min · Serves 8 · 146 kcal a serve · Video 8:17 · Clean & Delicious

Gluten-free ingredients · Nut-free

Each boat gives about 15 g of protein for under 150 kcal, with zucchini, pepper and tomato making up most of the dish and just a little cheese on top. Rich in vitamin C, vitamin B12, vitamin B6 and selenium.

Diet notes: Low carb (5.2 g net carbs) but not keto: 43% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

11 · SERVES 8

- [ ] 4 medium **zucchini** (about 2 lb), halved lengthways and hollowed out (keep ½ cup of the scooped flesh, chopped)
- [ ] 2 tsp extra **virgin olive oil**
- [ ] 1 lb **ground turkey**
- [ ] 3 **garlic** cloves, minced
- [ ] ½ **onion**, chopped
- [ ] ½ **green pepper**, chopped
- [ ] 1 tbsp **Italian seasoning**
- [ ] 1 cup **strained tomatoes** (passata)
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] ½ cup **part-skim mozzarella**, shredded

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Bring a large pot of water to the boil and heat the oven to 350°F. Halve the zucchini lengthways and scoop out the centres with a spoon, leaving a shell about ¼ inch thick; squeeze out and chop ½ cup of the scooped flesh. 0:32
2. Blanch the zucchini shells in the boiling water for 1 minute, then lift them out. 2:00
3. Heat the olive oil in a large frying pan over medium-high heat and cook the turkey, breaking it up, until lightly browned. 2:26
4. Add the garlic, onion, green pepper, reserved zucchini flesh, Italian seasoning, strained tomatoes, salt and pepper. Simmer about 15 minutes until the vegetables are tender. 3:06
5. Set the zucchini halves in a baking dish, fill each with about ½ cup of the turkey mixture and top with 1 tbsp mozzarella. 4:44
6. Cover with foil and bake 30 minutes until the cheese has melted and everything is hot through. 5:22

> **Tip** Serves 8 (one boat each, as on the cook's recipe card); have two for a bigger meal. The cook serves it with a big salad. Keeps well for meal prep; reheat covered.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
146 kcal	**15** g	**7** g	**1.8** g	**6.9** g	**480** mg
610 kJ	30% of a day	5.2 g net · 4.3 g sugars	6% of a day	2 g saturated	21% of a day
		3% of a day		9% of a day	

Energy from net carbs 15% · protein 42% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 30% · Selenium 30% · Vitamin C 29% · Vitamin B6 28%

Source of (10–19%) Zinc 18% · Potassium 10%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=hvyal2b1OMY, published 12 August 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/turkey-stuffed-zucchini-boats