

Protein packed and dairy-free, these taco zucchini boats are perfect for a quick and easy healthy weeknight dinner.

INGREDIENTS:

- 1 clove minced garlic
- ½ yellow onion, chopped
- 1 lb ground turkey
- ½ teaspoon black pepper
- ¼ teaspoon sea salt
- 1 cup chunky salsa
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1 cup canned black beans, drained and rinsed
- 3 zucchini squash
- chopped tomatoes, avocado and jalapeño, for serving
- tortilla chips and extra salsa, for serving
- Mexican cheese, dairy-free or regular (optional)



INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Place a large nonstick skillet over medium-high heat. Add the onion, garlic and ground turkey into the skillet. Season with salt and pepper. Cook for 8 to 10 minutes, breaking apart with a wooden spoon or spatula while it cooks. Add black beans, chili powder, cumin and salsa. Cook 2-3 minutes additional minutes.
3. Meanwhile, as the turkey cooks cut the zucchini in half, lengthwise. Use a spoon to scoop the seeds and center out of each zucchini half, leaving about ¼ inch thick zucchini boat.
4. Place the zucchini (cut-side up) in a 9X13 baking dish. Spoon the turkey mixture into the six zucchini boats.

5. Cover the baking dish with foil. Bake for 20-30 minutes or until zucchini boats are heated throughout and zucchini is cooked a bit, but not too soft/limp.
6. Remove foil and serve boats with tomatoes, avocado and jalapeño slices. Serve with chips and salsa if desired.

Servings: 3

Nutrition

Serving: 1/3 of recipe, no toppings | Calories: 388kcal | Carbohydrates: 30g | Protein: 39g | Fat: 14g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 4g | Cholesterol: 104mg | Sodium: 979mg | Potassium: 1493mg | Fiber: 9g | Sugar: 12g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.