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Zucchini Pizza Boats

Source: Modified from a Food Hero recipe
Serving size: One half of a small zucchini **Servings per recipe:** 6

This healthy pizza alternative is easy to make, and popular with kids.

Ingredients

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 Tablespoons Parmesan cheese
- 1 teaspoon oregano

Materials

Oven, baking dish or cookie sheet, knife and cutting board, measuring cups and spoons

Directions

1. Heat oven to 350 degrees.

2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.

3. Place zucchini halves in a small baking dish or cookie sheet. Spoon pasta sauce into zucchini halves. Top with mozzarella and Parmesan cheeses. Sprinkle with oregano.

4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.

5. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/2 small zucchini (92g)
Servings Per Container 6

Amount Per Serving

Calories 60	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 180mg	**8%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 4g	

Vitamin A 6% • Vitamin C 20%
Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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