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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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