

Food Babe's Baked Zucchini Boats



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	25 mins	40 mins	4

<https://foodbabe.com/three-easy-no-hassle-zucchini-recipes>

Ingredients:

- 2 large zucchinis
- 1 tablespoon extra virgin olive oil
- ½ yellow onion, diced
- ½ red bell pepper, diced
- 1 small yellow squash, diced
- ½ pound ground turkey
- ½ teaspoon dried oregano
- ½ teaspoon dried sage
- ¼ teaspoon sea salt
- 1 egg, beaten

Instructions:

1. Preheat the oven to 400° F.
2. Slice each zucchini in half and scoop out the insides, making room for the filling.
3. Heat the oil in a saute pan over medium heat. Add the onion, pepper and squash and cook for 2-3 minutes. Add the turkey, oregano, sage and salt and cook, 4-5 minutes or until the turkey is cooked through. Take off the heat and let cool a bit.
4. When cool, add the egg and mix to combine. Stuff each zucchini with the filling and place in a baking pan. Bake for 20-25 minutes or until the zucchini is tender. These are great served with a little fresh marinara drizzled over the top. Enjoy!

Notes:

- Please choose all organic ingredients if possible.