

# Stuffed Squash Sailboats

## What You'll Need

- 4 medium zucchini squash
- 1 pound lean ground turkey
- 1 medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 1/2 cup diced mushrooms
- 1/4 cup diced green pepper
- 1 teaspoon basil
- 1 teaspoon oregano
- 2 teaspoons Worcestershire sauce
- 1 15-ounce can tomato sauce
- 3 tablespoons Parmesan cheese

Makes 8 boats

## Let's Cook!

- 1 Preheat oven to 325 degrees.
- 2 Cut zucchini in half lengthwise. With a spoon, scoop out the seeds and some of the pulp in middle. Leave some pulp at each end of the zucchini. Avoid taking out too much of the pulp, as it may make the zucchini too soft.
- 3 Cook meat, onion, pepper, mushroom and garlic in pan on medium heat until meat reaches 160 degrees on a meat thermometer. Drain liquid from meat.
- 4 Add basil, oregano and Worcestershire sauce.
- 5 Fill up zucchini "boats" with meat mixture and arrange in a 9x14 glass baking dish. Cover evenly with tomato sauce and top with cheese. Bake for 50 to 60 minutes, or until zucchini is tender.

## Nutrition Facts

Serving Size (152g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 130	<b>Calories from Fat</b> 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat --g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 13g	
Vitamin A 6%	• Vitamin C 20%
Calcium 6%	• Iron 10%

