

Stuffed Zucchini with Goat Cheese and Marinara

Ingredients

4 medium zucchini
16 oz (2 cup) feta or goat cheese
16 oz (2 cup) marinara sauce
Chopped parsley (optional garnish)

Instructions

1. Preheat oven 400F
2. Slice washed zucchini in half, lengthwise; scoop out seeds, season with salt and pepper, place on a baking sheet
3. Spread goat cheese in the bottom of each zucchini boat. Spread marinara sauce on top. Dot with remaining goat cheese.
4. Bake until the goat cheese is soft, marinara bubbling (about 10 min)

Makes 8 boats

Nutrition analysis:

Cals 150

Carbs 10 g

Protein 7.5 g

Fats 9 g

Fiber 2 g

Exchange system: Count as 2 proteins, 2 veggies

Adapted from: <https://www.thewickednoodle.com/stuffed-zucchini/>