

## Zucchini Pizza Boats

These are a healthy alternative to kick that pizza craving and are a great way to get in your non-starchy veggies! Serve as a side dish or as a main entree with added lean ground beef or chicken to increase the protein level.

### Ingredients:

- 4 medium zucchini
- ½ cup marinara or pizza sauce
- ¼ red onion, sliced
- ¼ cup kalamata olives, chopped
- ½ cup cherry tomatoes, sliced
- 2 tablespoons fresh basil sliced thinly
- ¼ cup low-fat mozzarella cheese (optional)



### Directions:

Preheat oven to 400 F. Cut the zucchini in half lengthwise and scoop out the inside seeds. To help them lay flat on the pan, you can also cut a piece off the bottom of the “boat” to create a flat surface.

Mix tomato sauce and mozzarella cheese (if using) in a small bowl.

Spread a light layer of sauce (about 1 tablespoon) inside each zucchini boat. Top with onions, olives, and tomatoes.

Bake boats for 20-25 minutes until zucchini is tender (but not mushy). Top with basil and serve immediately.