Snack, Mediterranean

Golden Zucchini Boats with Bruschetta Topping

Tender zucchini halves are hollowed out, briefly blanched, then piled with a warm bruschetta filling. A dusting of Parmesan melts under the broiler until the tops turn golden.



Nut free

25 min	100	8 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 large zucchini
- [ ] 2 tsp olive oil
- [ ] 1/8 tsp black pepper
- [ ] 1/2 cup jarred bruschetta
- [ ] 4 tsp Parmesan cheese (grated)

Method

- [ ] 1 Trim the ends from the large zucchini and cut each one in half lengthwise.
- [ ] 2 Scoop out the middle of each half with a spoon, leaving a thin base to form hollow boats, and collect the flesh in a small bowl.
- [ ] 3 Bring a pot of salted water to a boil and blanch the zucchini boats for 2-3 minutes, just until they begin to soften.
- [ ] 4 Transfer the boats straight into a bowl of iced water, then drain them and lay them on a baking sheet.
- [ ] 5 Heat the olive oil in a skillet over medium heat, season the reserved zucchini flesh with black pepper, and saute it for 6-8 minutes.
- [ ] 6 Stir in the jarred bruschetta, lower the heat, and simmer the filling for 3 minutes.
- [ ] 7 Spoon the warm filling evenly into the four zucchini boats and sprinkle each one with grated Parmesan cheese.
- [ ] 8 Heat the broiler and broil the stuffed boats for 2-3 minutes until lightly golden, watching closely so they do not burn.

Nutrition Facts

Per serving

Calories	**100**
Total fat	7 g
Saturated fat	1.5 g
Sodium	300 mg
Total carbs	8 g
Fiber	1 g
Total sugars	5 g
Protein	4 g

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