

MAINTENANCE ZUCCHINI BOATS

This is a fun, delicious and beautiful dish to serve to family or guests. The recipe is easily doubled for plenty of leftovers. It is a maintenance dish because of the cheese, so portion sizes are not exact. However, a typical serving would be 1.5-2 zucchini boats, depending on the size of the zucchini. One serving would cover your protein, vegetable and fat for one meal.



INGREDIENTS

- 2-3 Tbsp avocado oil
- 3 medium zucchini, ends cut off and sliced in half
- 1-lb ground turkey or beef (grass-fed or conventional)
- 1 medium onion, chopped
- 1/2 cup fresh mushrooms, chopped
- 1 cup red, yellow or green bell peppers, chopped (best mixing 2)
- Pink Himalayan salt and black pepper, to taste
- 2-1/2 Tbsp tomato paste (can use unsweetened ketchup)
- 1 cup shredded cheese, divided into two half cups (use cheese of choice)

INSTRUCTIONS

Preheat the oven to 350°F. Use avocado oil to grease a large baking dish.

Scoop out the pulp from the zucchini, leaving about a 1/2" shell. Finely chop the pulp.

Heat a large skillet over medium/high heat. Add 1 Tbsp oil and the ground meat, cooking until no longer pink. Add the onion, mushrooms, peppers, zucchini pulp, salt and pepper and another 1-2 Tbsp of oil (as needed). Cook for 5-7 minutes. Drain. (The drained broth is delicious. I drink it as a cup of broth.)

Remove from heat and add 1/2 cup cheese and tomato paste, mixing well. Spoon mixture into the zucchini shells and place in the baking dish.

Sprinkle with remaining cheese and bake uncovered for 30 minutes.