



A Nutrition Resource

# ZUCCHINI BOATS

Yield: 8 Servings | Serving Size: 1 1/2 cups

Cost/Serving: \$1.34

## Ingredients:

- 3 large zucchini (3 lbs. total)
- 1-pound lean ground beef
- 2 Tablespoons taco seasoning
- 2 Tablespoons water
- 1 15-ounce can low sodium pinto beans, drained and rinsed
- 1/3 cup yellow onion, diced
- 1/2 cup cheddar cheese, shredded
- 1/2 cup non-fat yogurt
- 2 teaspoon lime juice
- 1/8 teaspoon salt
- 1 large tomato, diced

## Directions:

- 1) Preheat oven to 350°F.
- 2) Cut zucchini lengthwise and hollow out centers.
- 3) Cook ground beef and drain fat. Add taco seasoning and water to beef and cook 2 minutes. Remove from heat.
- 4) Add pinto beans and onion to beef and mix.
- 5) Stuff zucchini with mixture.
- 6) Bake 20 minutes then remove zucchini from oven and sprinkle with cheese. Place zucchini back in oven and continue to bake for 5 minutes. Remove when zucchini is tender and to your liking.
- 7) While zucchini bakes, make the crema by combining yogurt, lime juice, and salt in a bowl.
- 8) When zucchini is done, remove from oven and top with crema and diced tomato.

## Nutrition Facts

8 servings per container

Serving size 1.5 cups (289g)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 280mg 12%

**Total Carbohydrate** 15g 5%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 19g

Vitamin D 0mcg 0%

Calcium 120mg 10%

Iron 3mg 15%

Potassium 729mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2 000 calories a day is used for general nutrition advice.



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