

## Zucchini Pizza



### Ingredients:

- 4 zucchinis
- 4 oz. ground turkey
- ½ cup diced low fat cheese
- 1 clove of garlic diced
- ¼ cup diced mushrooms
- 1 cup marinara sauce
- Cooking spray
- Salt and pepper to taste

### Directions:

1. Preheat oven to 375 °F
2. On the stove, over medium heat, spray cooking spray and sauté garlic, and then add mushrooms and turkey, until turkey begins to cook.
3. Pour the marinara sauce and cook for about 10-15 minutes, sprinkle salt, pepper and oregano to taste and stir periodically to coat the other ingredients.
4. Prepare zucchini crust by slicing them in half and scooping out the pulp and place on a baking sheet.
5. Spoon the sauce in the middle of each zucchini crust.
6. Bake in the oven for about 10 -15, sprinkle cheese and return to oven until golden brown.

### Nutrition Information:

Serving size\*: 1

Calories per serving: 110

Total protein per serving: 6g

Servings per recipe: 8

Total fat per serving: 6g

Total carbohydrates per serving: 8g

### Nutritional Benefits:

Substituting zucchini for bread is a great way to reduce calories and increase total vegetable intake while enjoying your favorite meal.

\*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from: Dumlao-Giardino (2016). Pizza Zucchini Boats. *SkinnyMs*. Retrieved from: <http://skinnymms.com/pizza-zucchini-boats-recipe/>

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