

Creamy Zucchini Boat Bruschetta

Prep Time: 15 minutes

Cook Time: 15-20 minutes

Total Time: 30 minutes

Servings: 4-8*

Serving Size: 1 zucchini boat half

Ingredients:

4 medium zucchini
Cooking spray
3 large basil leaves, minced
¼ cup parsley, minced
1 cup fresh ricotta cheese**
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon lemon juice

Bruschetta topping:

1 pint cherry tomatoes, diced
5 cloves garlic, minced
6 large basil leaves, minced
Juice of ½ of a lemon
2 tablespoons olive oil
Pinch of salt and pepper

Directions:

1. Preheat oven to 450 degrees.
2. Cut each zucchini in half lengthwise and carefully scoop out the pulp using a melon baller or small spoon leaving a ¼ inch thick shell. Reserve pulp for a soup, raw salad, or smoothie.
3. Arrange zucchini shells in a single layer on a large baking dish coated with cooking spray. Sprinkle evenly with salt and pepper, then spray lightly with cooking spray and place in oven for 10 minutes.
4. While zucchini cooks, combine ricotta, basil, parsley and lemon juice in small bowl.
5. Remove zucchini boats from oven and divide ricotta mixture evenly among boats, using the back of spoon to press mixture gently inside; then place back in the oven for an additional 5-8 minutes until zucchini are crisp-tender.
6. While zucchini cooks, combine bruschetta toppings in a small bowl and mix well.
7. Remove zucchini boats from the oven, place on a serving plate and garnish with topping.
8. Serve hot or at room temperature.

Tips and Tricks:

*2 zucchini boat halves make a great light meal paired with a side mixed green salad or 1 zucchini boat half per person makes for a nice appetizer.

**Substitute 1 cup Cashew Cream (see recipe) for ricotta to make this recipe vegan.

Nutritional Information Per Serving:

**Per ½ zucchini boat*

Calories: 112.8
Fat: 7.5 g
Cholesterol: 15.7 mg
Sodium: 105.6 mg
Total Carbohydrate: 8.0 g
Dietary Fiber: 2.4 g
Sugars: 2.5 g
Protein: 4.7 g