

Basil, Ricotta filled Zucchini Boats

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 20 minute

Serves: 4

CChints: Zucchini can be found in your supermarket all year round. You can use the part of the zucchinis that you scoop out for other things like slipping it into a soup or pasta. To measure the fresh herbs, put them in a measuring cup whole and then chop them up.

Example, put 2/3 cup of whole basil leaves in a measuring cup, then dice them.



4 zucchini, about 1 pound

Cooking spray or silicone baking mat

2/3 cup fresh basil leaves, finely chopped

1/3 cup flat-leaf parley, diced

2/3 cup reduced fat ricotta cheese

1/4 cup grated fresh parmesan cheese

3 Tablespoon fresh oregano, diced

1/8 cup sun-dried tomatoes, chopped

1 tablespoon fresh lemon juice

Dash of salt and pepper

Preheat oven to 450 degrees F. Locate a baking sheet and spray with cooking spray or lay a silicone baking mat in the pan.

Wash and dry each zucchini and cut off each end. Cut each in half lengthwise and scoop out the pulp while leaving 1/4 inch thick shell at each end and on the sides and bottom. Use a melon baller to scoop out the center or run a sharp knife down each side but not through the bottom. Use a grapefruit spoon with a serrated ends to scoop out the center. Lay each side on the baking sheet ready to be filled.

In a medium mixing bowl, combine the rest of the ingredients. Blend well and divide evenly among the boats. Gently pack the mixture in each boat and put them on the baking sheet.

Bake for 20 minutes or until tender.