

We love Mexican food, but don't always want the overload of carbohydrates that it can contain. This recipe gives us a taste of Mexico without the unwanted calories. Its a very versatile recipe, sometimes i like to add beans or lentils instead of the extra zucchini (keep in mind the calorie count would change!).

Turkey Zucchini Boats

Serves 4.

Ingredients.

- 4 Medium Zucchini
- 1 Cup Salsa
- 500g Lean Turkey mince
- 100g Ricotta
- 1 clove Garlic (crushed)
- 1 tsp Cumin
- 1/2 tsp Chilli powder
- 1 tsp paprika
- Pinch oregano or mixed herbs
- 1 tbsp Tomato paste
- 1/2 cup water
- 25g Parmesan cheese

- Pour 1/2 cup salsa into bottom of large baking dish.
- Cut zucchini in half length ways and scoop out the inside to make a hollow, chop and save for later.
- Pre heat oven to moderate/high
- Brown onion and turkey, add spices and mix well
- Add in half the chopped zucchini (you can use the remainder in a soup or add to compost).
- Add the tomato paste, water, remaining salsa and ricotta, simmer on low for 10-15min until reduced
- Arrange hollowed zucchini on to your baking dish.
- Once mixture is ready, spoon into the zucchini halves.
- Sprinkle on parmesan, cover and bake for approximately 40- 50min

Nutritional Value (Per Serve)

Cal 322 Kj 1347
Fat 10.7g
Carb 14.9g
Protein 33.7g