



# Zucchini Boats - Turkey Recipe

**You'll want to double this recipe for family dinners.**



**(See ingredients and recipe on back)**

These zucchini boats make for a good appetizer or the main course for a family dinner. Just make sure to make extra (they'll be a family favorite). Use the best ingredients you can find (organic, sugar free, etc.) when preparing these zucchini boats.

## **Ingredients:**

- 2 Medium Zucchini
- 3/4 lb Ground Turkey
- 1 cup Raw Cheese, Shredded (Optional)
- 2 tbsp Organic Ketchup or Tomato Paste (e.g. Primal Kitchen Ketchup)
- 1/2 tsp Sea Salt
- 1/4 tsp Pepper
- 1/2 cup Sliced Fresh Mushrooms
- 1/2 cup Sweet Red Peppers
- 1/2 cup Chopped Green Peppers

## **Instructions:**

1. Trim the ends of the zucchini.
2. Cut in half lengthwise.
3. Scoop out pulp, leaving a 1/2 inch shell.
4. Finely chop pulp.
5. In a skillet, cook ground turkey, zucchini pulp, onion, mushrooms, and peppers until meat is brown, drain.
6. Remove from heat.
7. Add 1/2 cup cheese, ketchup, sea salt, and pepper.
8. Mix well.
9. Spoon into the zucchini shells.
10. Place in a buttered 13 x 9 x 2 inch baking dish.
11. Sprinkle with remaining cheese if desired.
12. Bake uncovered at 350°F for 30 minutes.

**Recipe video (and more tasty meals) available on the MaxLiving Healthy Recipes website!**

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