



Zucchini Boats

**Total Prep and Cook Time:
45 minutes**

Yield: 2 servings

Serving Size: 1 whole zucchini

Ingredients

- **½ cup long-grain rice**
- **2 medium zucchinis**
- **2 Tbsp olive oil**
- **¼ white onion, diced**
- **½ red bell pepper, chopped**
- **¼ cup grated cheese - e.g., Swiss, cheddar**
- **Optional: ¼ tsp rosemary - dried or fresh**

Equipment

Baking dish

Frying pan

Pot and lid

Mixing spoon

Cutting board and knife

Adapted from:

<https://www.aline-made.com/vegetarian-stuffed-zucchini-boats/>

Instructions

- **Preheat the oven to 395°F.**
- **Cook the rice according to the package instructions.**
- **Slice the zucchinis in half lengthwise. Using a spoon, hollow them out. Roughly chop this flesh.**
- **Heat 1 Tbsp of the oil in a pan on medium high heat, then add the onion and chopped zucchini flesh. Cook until the water from the zucchini has evaporated, then add the rice. Season with salt and pepper.**
- **Place the zucchini halves in the middle of a baking dish and add the chopped peppers to the side. Drizzle the remaining 1 Tbsp of olive oil over everything and season with salt and pepper and rosemary, if using.**
- **Fill the zucchini with the rice mixture and top with grated cheese.**
- **Bake for 20-25 minutes until the cheese is golden brown.**

Facts about featured ingredients

Zucchini

- **Zucchini have more potassium than a banana!**
- **Smaller- to medium-sized zucchinis tend to be sweeter than large zucchinis.**
- **Zucchini is technically considered a fruit, since it comes from a flower.**



Bell Peppers

- **Bell peppers have the highest level of Vitamin C of any produce.**
- **A large red pepper provides more than 300% of your daily Vitamin C requirement.**
- **Vitamin C content of bell peppers increases with ripeness**
- **Red/yellow/orange bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.**

