



# Zucchini Boats

HEALTHY CHOICE MEAL KIT

## SHOPPING

<b>THE OPEN DOOR SEASONING KIT</b>	<p><b>1 Italian Seasoning packet includes:</b>          1 tsp. each: oregano &amp; basil          1/3 tsp. each: rosemary, thyme, &amp; parsley          1/4 tsp. garlic powder*</p> <p>*If using fresh garlic when making the recipe again, substitute 2 cloves garlic for the garlic powder.</p>
<b>PRODUCE</b>	<ul style="list-style-type: none"> <li>• 1 large, 2 medium, or 4 small zucchini</li> <li>• 1 onion</li> <li>• 1 (15 oz) low sodium can tomato or pasta sauce</li> </ul>
<b>PROTEIN AND DAIRY</b>	<ul style="list-style-type: none"> <li>• 1 lb. ground beef or turkey</li> <li>• 1 package sliced or shredded cheese</li> </ul>
<b>OPTIONAL TOPPINGS</b>	Additional fresh or dried herbs



# Zucchini Boats

HEALTHY CHOICE MEAL KIT

45 mins

Makes 4 servings

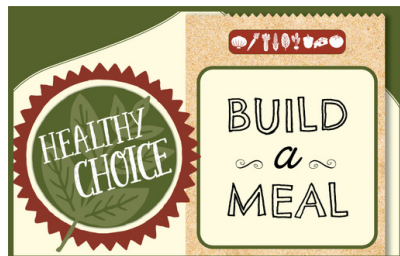
## RECIPE

<b>INGREDIENTS</b>	<p>4 small Zucchini (or 2 medium or 1 large)          1 lb. Ground beef or turkey          1 tbsp. Olive or vegetable oil          1/2 Onion, chopped          1 tsp. Salt          1 tsp. Black pepper          1 can Tomato or pasta sauce (15 oz.)          8 oz. Sliced or shredded cheese          1 Italian Seasoning Packet*</p> <p>* 1 tsp. oregano, 1 tsp. basil, 1/3 tsp. rosemary, 1/3 tsp. thyme, 1/3 tsp. parsley, 1/4 tsp. garlic powder</p>
<b>INSTRUCTIONS</b>	<ol style="list-style-type: none"> <li>1. Preheat oven to 400 F.</li> <li>2. Cut zucchini lengthwise and scoop out the center with a spoon, leaving at least 1/2 inch around the edge. Set in a baking dish.</li> <li>3. Brown the ground beef. Stir in the seasonings and onion; cook 5 minutes.</li> <li>4. Stir in 1 cup of sauce, remove from heat.</li> <li>5. Fill the zucchini boats with meat mixture.</li> <li>6. Top with remaining sauce and the cheese.</li> <li>7. Bake for 25 minutes.</li> </ol> <p><i>Recipe adapted from momsdish.com</i></p>

How did the recipe go? We want your feedback!

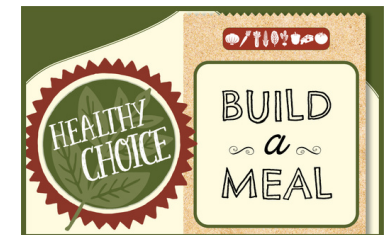


Call 978-283-6776 or visit FOODPANTRY.org for a short survey!



### Questions?

Call 978-283-6776 or email info@foodpantry.org





# Zucchini Boats

HEALTHY CHOICE MEAL KIT

## SHOPPING

<b>THE OPEN DOOR SEASONING KIT</b>	<p><b>1 Italian Seasoning packet includes:</b>          1 tsp. each: oregano &amp; basil          1/3 tsp. each: rosemary, thyme, &amp; parsley          1/4 tsp. garlic powder*</p> <p>*If using fresh garlic when making the recipe again, substitute 2 cloves garlic for the garlic powder.</p>
<b>PRODUCE</b>	<ul style="list-style-type: none"> <li>• 1 large, 2 medium, or 4 small zucchini</li> <li>• 1 onion</li> <li>• 1 (15 oz) low sodium can tomato or pasta sauce</li> </ul>
<b>PROTEIN AND DAIRY</b>	<ul style="list-style-type: none"> <li>• 1 lb. ground beef or turkey</li> <li>• 1 package sliced or shredded cheese</li> </ul>
<b>OPTIONAL TOPPINGS</b>	Additional fresh or dried herbs



# Zucchini Boats

HEALTHY CHOICE MEAL KIT

45 mins

Makes 4 servings

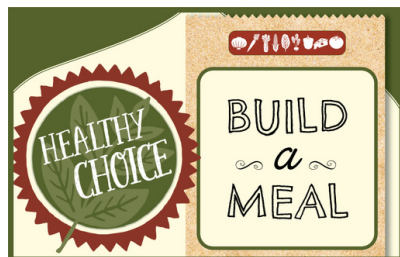
## RECIPE

<b>INGREDIENTS</b>	<p>4 small Zucchini (or 2 medium or 1 large)          1 lb. Ground beef or turkey          1 tbsp. Olive or vegetable oil          1/2 Onion, chopped          1 tsp. Salt          1 tsp. Black pepper          1 can Tomato or pasta sauce (15 oz.)          8 oz. Sliced or shredded cheese          1 Italian Seasoning Packet*</p> <p>* 1 tsp. oregano, 1 tsp. basil, 1/3 tsp. rosemary, 1/3 tsp. thyme, 1/3 tsp. parsley, 1/4 tsp. garlic powder</p>
<b>INSTRUCTIONS</b>	<ol style="list-style-type: none"> <li>1. Preheat oven to 400 F.</li> <li>2. Cut zucchini lengthwise and scoop out the center with a spoon, leaving at least 1/2 inch around the edge. Set in a baking dish.</li> <li>3. Brown the ground beef. Stir in the seasonings and onion; cook 5 minutes.</li> <li>4. Stir in 1 cup of sauce, remove from heat.</li> <li>5. Fill the zucchini boats with meat mixture.</li> <li>6. Top with remaining sauce and the cheese.</li> <li>7. Bake for 25 minutes.</li> </ol> <p><i>Recipe adapted from momsdish.com</i></p>

How did the recipe go?  
We want your feedback!



Call 978-283-6776 or visit  
FOODPANTRY.org  
for a short survey!



### Questions?

Call 978-283-6776  
or email  
info@foodpantry.org

