

Veggie-Stuffed Zucchini Boats

This is a fun side dish that will for sure get the kids (and adults) to eat their veggies. Mix up the veggies inside the boats if you want. Use spinach instead of kale or cauliflower instead of broccoli. Enjoy!

xoxo,
Kristin

Preheat oven at 350°F. Slice zucchini in half lengthwise, scoop out insides and shred or chop.

Liberally coat a skillet with oil spray and warm over medium heat. Add insides of the zucchinis, carrots, onion, garlic, kale, corn, broccoli, sausage and wine. Cook until wine evaporates, occasionally stirring, approximately 14 minutes.

Line a baking sheet with foil. Place the zucchini boats onto the baking sheet and fill boats with filling. Top boats evenly with whole grain panko breadcrumbs and drizzle on melted ghee in zig zags over each. Bake for 45-55 minutes, or until zucchini boats are soft and tops are brown. Keep a close eye starting at 45 minutes so they don't burn.

Recipe from The Today Show