

Zucchini Lasagna Boats



Prep 20 min

Bake 20-25 min

Serves **8 people**

Ingredients

- 4 Lg zucchini
- 1.5 lbs of sausage, ground beef, ground turkey
- 1 onion diced
- 1 red pepper diced
- 1 cup spaghetti sauce
- 8 oz whole milk ricotta
- ½ c parmesan cheese
- Seasonings & spaghetti sauce

Preparation

1. Preheat Oven to 375 degrees
2. Cut zucchini in half & hollow out the middle Brush with olive oil , salt, pepper on boats
3. Cook boats 8 minutes to soften
4. Saute in pan meat of choice , diced up zucchini from boats, onions, pepper, salt, pepper, basil,oregano, garlic powder Till meat is cooked
5. In a bowl combine ricotta cheese, parmesan , salt, pepper.
6. Fill soften boats with ricotta mixture , top with meat mixture, sprinkle parm cheese, drizzle with spaghetti sauce on top
7. Bake 20-25 minutes

Tips

Create your own combo and add desired spices & lean meat *Don't like Zucchini use yellow squash, peppers, or mushrooms