

Zucchini Boats

Zucchinis are versatile veggies, which are great for roasting, dipping, and stuffing. Try these easy-to-make zucchini boats filled with ground beef, cheese, and loads of flavor.

Ages: 6–18 years
Makes: 6 servings
Prep time: 30 minutes
Cook time: 23 minutes

the INGREDIENTS

Nonstick cooking spray

3 zucchinis (1 lb 4 oz), fresh, large, halved, hollowed center (wash zucchini under running water before cutting)

14 oz beef, ground, 90% lean, fresh or frozen, thawed

2 Tbsp taco seasoning, low-sodium

¼ cup + 2 Tbsp water

½ cup + 2 Tbsp cheddar cheese, reduced-fat, shredded

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray baking sheet with nonstick cooking spray.
4. Remove the ends from each zucchini. Cut in half lengthwise. Using a spoon, hollow out the inside of each zucchini half.
5. Place zucchini on the baking sheet, skin side down. Bake for 10 minutes. Heat to an internal temperature of 140 °F or higher for at least 15 seconds. Remove from the oven.
6. While zucchini is roasting in the oven, brown ground beef in a medium skillet on medium-high heat. When beef is no longer pink, about 7–10 minutes, add taco seasoning and water. Stir. Cook for 3 minutes, or until taco seasoning and water have cooked into the beef. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from heat. Wash hands after touching uncooked ground beef.
7. Add cheese to seasoned beef. Stir.
8. Place ½ cup (2⅔ oz) taco meat in each zucchini boat.
9. Place zucchini boats in the oven. Bake for 10 minutes. Heat to an internal temperature of 140 °F for at least 15 seconds.
10. Serve 1 zucchini boat. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

1 Zucchini Boat

Nutrients	Amount
Calories	**157**
Total Fat	**8 g**
Saturated Fat	3 g
Cholesterol	50 mg
Sodium	**247 mg**
Total Carbohydrate	**4 g**
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	**17 g**
Vitamin D	N/A
Calcium	23 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup vegetable
2 oz eq meat/meat alternate

the CHEF TIPS

- **Contains milk (cheddar cheese).** Taco seasoning can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.