

Baked Stuffed Zucchini Boats

Easy baked stuffed zucchini boats with savory filling and melted cheese. Perfect healthy main dish that's low-carb, gluten-free, and packed with flavor.

15 min

PREP

25 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4 zucchini
- 2 tbsp olive oil
- 1 onion
- 2 clove garlic
- 1 bell pepper
- 1 lb chicken meat
- 1 cup marinara sauce
- 1 cup mozzarella cheese
- 1 cup parmesan cheese
- 1 tsp italian seasoning
- 1 tsp paprika
- 1 tsp chili flakes
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare oven and zucchini

Preheat oven to 375°F (190°C). Cut 4 zucchini in half lengthwise and scoop out the flesh with a spoon, leaving about ¼-inch thick walls. Chop the scooped flesh and set aside.

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- Brush zucchini shells with 1 tablespoon olive oil and season with salt and pepper. Place cut-side up on a baking sheet.

3 **Make the filling**

Heat remaining 1 tablespoon olive oil in a large skillet over medium heat. Add 1 diced onion and cook until softened and translucent, about 4-5 minutes.

4 Add 2 minced garlic cloves and 1 diced bell pepper to the skillet. Cook until fragrant and pepper begins to soften, about 3-4 minutes.

5 Add chopped zucchini flesh to the skillet and cook until moisture evaporates and flesh is tender, about 5 minutes.

6 Add 1 pound ground turkey to the skillet and cook, breaking it apart with a spoon, until no pink remains, about 6-8 minutes.

7 Stir in 1 cup marinara sauce, 1 teaspoon Italian seasoning, 1 teaspoon paprika, 1 teaspoon garlic powder, and 1 teaspoon red pepper flakes. Season with salt and pepper to taste.

8 Simmer the mixture for 3-4 minutes until flavors meld and any excess liquid evaporates. Remove from heat.

9 **Assemble and bake**

Divide the turkey mixture evenly among the 8 zucchini shells, mounding it slightly. Top each with 1 cup mozzarella cheese and 1 cup Parmesan cheese, dividing evenly.

10 Bake for 20-25 minutes until zucchini shells are tender when pierced with a fork and cheese is melted and golden brown on top.

11 Let rest for 5 minutes before serving to allow filling to set.

Tips

Choose medium-sized zucchini (6-8 inches long) for the best texture and easiest handling. Large zucchini can be watery and bitter.

Salt the scooped zucchini shells and let them drain cut-side down for 15 minutes before filling to remove excess moisture.

Pre-cook wet ingredients like tomatoes or mushrooms to prevent soggy boats. Drain any excess liquid from the filling before stuffing.

Save the scooped zucchini flesh and chop it finely to add to the filling for extra flavor and to reduce waste.

Brush the zucchini shells with olive oil and season with salt and pepper before filling for enhanced flavor.

Cover with foil if the cheese browns too quickly during baking, then uncover for the last few minutes to achieve the perfect golden top.

Let the boats rest for 5 minutes after baking to allow the filling to set and make them easier to serve.

Garnish with fresh herbs like basil, parsley, or oregano just before serving for a burst of fresh flavor and attractive presentation.