

Zucchini Boat

Ingredients:

- 3 each Zucchini
- 1 1/2 Cups Lentils
- 1 Cup Carrots (small dice)
- 1/2 Cup Celery (small dice)
- 1/2 Cup Tomato (1 medium chopped)
- 1 Cup Cheese (Any dairy substitute)



Servings: 6

Instructions:

1. **Cook the lentils:** Combine the lentils and water and bring to a boil. Cover, reduce the heat, and simmer, stirring occasionally, for 17 to 20 minutes or until tender but not mushy. Drain any excess water, let cool.
2. Pre heat oven to 350°F and prepare a half sheet with parchment paper.
3. Cut carrots and celery into small dice.
4. Chop the tomato into small pieces.
5. Mix the lentils, carrots, celery, and tomatoes together.
6. Cut zucchini in half and with a spoon, carve the inside until it looks like a boat.
7. Stuff the zucchini halves with the lentil mix.
8. Sprinkle with cheese and place on prepared baking sheet and bake at 350° for 5 minutes.
9. Using the trim from the carrots place a sail on top of the boat and serve warm.

Nutrition Facts

6 servings per container

Serving size 1 Half (165g)

Amount Per Serving

Calories **210**

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 115mg	5%
Total Carbohydrate 36g	13%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3.6mg	20%
Potassium 470mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.