



Zucchini Pizza Boats

Ingredients:

- 1 large zucchini
- Sprinkle of salt
- ½ tsp olive oil
- ¼ cup tomato or marinara sauce
- 2 tbsp shredded mozzarella cheese
- 1 tsp parmesan cheese
- ½ tsp dried oregano

Directions:

1. Preheat oven to 375 F
2. Cut zucchini lengthwise and scoop out seeds; sprinkle with salt and let sit for about 20 minutes; Pat dry
3. Sprinkle with sauce and cheese; Place in oven for about 15-18 minutes or until cheese is melted and lightly browned
4. Sprinkle with dried oregano
5. Enjoy!

Cookware needed:

- Cutting board
- Baking Sheet

Cost: \$ \$

Ease:



Health Benefit: This meal features zucchini as the main ingredient which is very nutrient-dense. Zucchini contains many vitamins and minerals like vitamin A which supports eye health as well as magnesium to support bone health. Tomato sauce contains an antioxidant called lycopene which improves heart health. Cheese is an excellent source of calcium to support strong and healthy bones.