

# Summer e a t s Recipes

## Week 2: Zucchini Boats on the Grill

**Zucchinis** are a low calorie vegetable, full of nutritional benefits and perfect for summer eating.

- Contains 17 calories per 100 g, no saturated fat or cholesterol, and 30% Vitamin C.
- Golden skin zucchinis are especially rich in flavonoids, antioxidants, which help fight harmful free radicals that play a role in aging and the disease process.

If you usually microwave or boil your zucchinis, you might want to try **steaming**. New evidence shows that zucchinis can retain a larger amount of its antioxidants after steaming.

### Zucchini Boats on the Grill



- 2 medium zucchini
- 1 slice whole wheat bread, torn up in small pieces
- ¼ cup bacon bits
- 1 tbsp minced black olives
- 1 jalapeno pepper, minced
- 1 garlic clove, minced
- 3 tbsp diced green chile peppers
- ¼ cup minced onion
- ¼ cup chopped tomato
- ½ cup shredded low-fat, sharp Cheddar cheese
- 1 pinch dried basil
- salt and pepper to taste

### Directions

1. Prepare the grill for indirect heat.
2. Bring a pot of water to boil. Cut the zucchinis in half lengthwise and place in a steam basket. Place basket into the pot and steam for 8 – 10 minutes.
3. Transfer zucchini to cool completely. Scoop out the pulp to about ¼ inch from the skin and drain well (squeeze out water using paper towel until very dry).
4. In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeno, green chile peppers, onion, tomato, and Cheddar cheese (reserve some for the end). Season with basil, salt, and pepper.
5. Stuff the zucchini halves with the pulp mixture. Seal each stuffed half in aluminum foil.
6. Place foil packets on the prepared grill over indirect heat. Cook 15 to 20 minutes, until tender.
7. Unwrap the foil during the last 5 minutes so the tops are exposed. Sprinkle reserved cheese and to let the cheese melt and brown.

*Cook's Tip: Stuffing the zucchinis with leftovers is a perfect way to clean out your fridge. To make it a meal, try stuffing it with cooked ground chicken, bell peppers, onions, raisins, and cinnamon to change the flavours up!*

Nutritional Information (per serving)			
<b>Calories</b>	<b>115</b>	<b>Vitamin C</b>	<b>41% DV</b>
<b>Protein</b>	<b>8.2 g</b>	<b>Cholesterol</b>	<b>18 mg</b>
<b>Carbohydrate</b>	<b>9 g</b>	<b>Sodium</b>	<b>501 mg</b>
<b>Total Fat</b>	<b>5.5 g</b>	<b>Fiber</b>	<b>2 g</b>
<b>Saturated Fat</b>	<b>3.0 g</b>	<b>Makes 4 servings</b>	

Resources: <http://www.nutrition-and-you.com/>, <http://www.allrecipes.com>