

# Stuffed Zucchini Boats

*Hands-on 25 min. • Total 45 min.*

## Serves 4

### Ingredients

- 4 medium zucchini
- ¼ tsp. crushed red pepper
- 1½ tsp. salt-free dried Italian seasoning (such as Mrs. Dash), divided
- ¼ tsp. kosher salt, divided
- ⅔ cup jarred sun-dried tomatoes, drained and finely chopped, plus 2 Tbsp. sun-dried tomato oil, divided
- 1 lb. ground turkey, white and dark meat
- 2 Tbsp. finely chopped garlic
- 1 Tbsp. tomato paste
- 3 cups packed chopped fresh baby spinach
- 3 oz. ⅓-less-fat cream cheese, cubed
- ¼ cup tap water
- ¼ cup half-and-half
- 1 oz. Parmesan cheese, finely grated (about ⅓ cup)

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### Instructions

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper.
2. Cut zucchini in half lengthwise; cut off and discard stem ends. Using a spoon, scoop and scrape out center from each zucchini half, creating a ½-inch-thick shell; discard zucchini pulp. Arrange zucchini halves, cut sides up, on prepared baking sheet. Sprinkle evenly with crushed red pepper, 1 teaspoon Italian seasoning, and ⅛ teaspoon salt; set aside.
3. Heat sun-dried tomato oil in a large nonstick skillet over medium-high. Add turkey, and cook, stirring to break up into small pieces, until browned all over, about 8 minutes. Stir in chopped sun-dried tomatoes, garlic, tomato paste, spinach, and remaining ½ teaspoon Italian seasoning and ⅛ teaspoon salt. Cook, stirring occasionally, until spinach is wilted and liquid has evaporated, about 3 minutes. Stir in cream cheese, water, and half-and-half; cook, stirring often, until creamy and well combined, about 2 minutes. Remove from heat.

4. Spoon about  $\frac{1}{2}$  cup turkey mixture into each zucchini half. Bake in preheated oven until zucchini is fork tender, 20 to 30 minutes. Sprinkle evenly with Parmesan.