

Stuffed Zucchini Boats

Ingredients:

Produce

- 4 medium zucchini
- 2 Tbsp finely chopped garlic
- 3 cups packed chopped fresh baby spinach

Protein

- 1 lb ground turkey (white and dark meat)

Dairy

- 3 oz $\frac{1}{3}$ -less-fat cream cheese, cubed
- $\frac{1}{4}$ cup half-and-half
- 1 oz Parmesan cheese, finely grated (about $\frac{1}{3}$ cup)

Pantry / Seasonings

- $\frac{1}{4}$ tsp crushed red pepper
- $1\frac{1}{2}$ tsp dried Italian seasoning
- $\frac{3}{4}$ tsp kosher salt, divided
- $\frac{1}{2}$ cup jarred sun-dried tomatoes, drained and finely chopped, plus 2 Tbsp sun-dried tomato oil
- 1 Tbsp tomato paste