



Veggie & Goat Cheese Zucchini Boats

3 servings

30 minutes

Ingredients

- 3 Zucchini (medium)
- 1/4 cup Shallot (thinly sliced)
- 1 cup Broccoli (cut into small florets)
- 1/4 cup Green Olives (sliced)
- 1/4 cup Sun Dried Tomatoes (sliced)
- 1 cup Mixed Beans (cooked, rinsed)
- 2 tsps Italian Seasoning
- 1/2 cup Goat Cheese (crumbled)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Cut the zucchini down the middle lengthwise and scoop out the middle flesh from the center of each zucchini half. Place them on the baking sheet cut side up.
- 3 In a bowl combine the shallot, broccoli, olives, sun dried tomatoes, mixed beans, and Italian seasoning.
- 4 Spoon the filling into each zucchini boat and top each with goat cheese.
- 5 Bake in the oven for 23 to 25 minutes or until the cheese is golden and the zucchini halves have softened. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to two zucchini boats.

Additional Toppings: Fresh basil, chives, parmesan cheese and/or pumpkin seeds.

Make it Vegan: Omit the cheese or swap for dairy-free cheese.