



Zucchini Breakfast Boats

1 serving
30 minutes

Ingredients

- 1 Zucchini (large, sliced in half lengthwise)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 4 White Button Mushrooms (chopped)
- 2 Egg
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (chopped)
- 1 tsp Nutritional Yeast (optional, for topping)

Directions

- 1 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

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

More Flavor: Add additional seasonings and herbs.