



5-Ingredient Turkey Zucchini Boats

Ingredients:

- 2 medium zucchini squash
- 1/2 medium onion, chopped
- 1 lb ground lean turkey
- 1 1/2 cup prepared marinara sauce, look for one without added sugar
- 2-3 Tablespoons parmesan cheese, optional

Directions:

1. Preheat oven to 400° F.
2. Place a large nonstick skillet over medium-high heat. Add the onion and ground turkey into the skillet. Season with salt and pepper. Cook for 8 to 10 minutes, breaking apart with a wooden spoon or spatula while it cooks. Add the marinara sauce. Cook 2-3 minutes additional minutes.
3. Meanwhile, as the turkey cooks cut the zucchini in half, lengthwise. Use a spoon to scoop the seeds and center out of each zucchini half, leaving about ¼ inch thick zucchini boat.
4. Place the zucchini (cut-side up) in a 9X13 baking dish. Spoon the turkey mixture into the four zucchini boats. Sprinkle each boat with a little parmesan cheese. Cover the baking dish with foil. Bake for 20-30 minutes or until boats are heated throughout and cheese has melted.

Serving: 1/2 recipe Calories: 437cal Carbohydrates: 18g Protein: 54g Fat: 18g Fiber: 4g Sugar: 4g



Spring into action this month with your health and wellness! Try to strive for 150 minutes/wk of activity, get in all your veggies and do whatever it takes to get all your water in! These little daily changes will have a large impact on your mind and body!

Tips to get these done:

1. During your lunch break, get some extra steps in. Before you sit down to eat dinner after work, go for a 10 minute walk or even after dinner to get things moving!
2. Make veggie based soups, try zucchini lasagna instead of regular lasagna noodles, incorporate your vegetables into sauces or blend them into smoothies!
3. Adding some flavors like strawberry and mint to your water over night makes it very easy to enjoy more of it! Also including sparkling or carbonated waters are a fun way to increase water intake!