



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Nourish Wellness Without Sacrificing Flavor!

If you're trying to shift to a more plant-based diet, adding vegetables is an important part. Some types are versatile and can be incorporated by adding to or swapping ingredients. A vegetable like zucchini is something that can be diced and added to casseroles, thinly sliced like lasagna noodles, or spiralized to replace spaghetti. It can also be cut in half and have seeds scooped out to fill with a variety of flavors. With its mild flavor, zucchini is an easy addition for even the pickiest of eaters. Start with some traditional items like chicken parm and tacos, then pump up the plant-based power by stuffing their comforting flavors into a "zucchini boat".



Check out this delicious spin on Chicken Parm at InSeasonzine.com. Scan the code to access this and other recipes.



Roasted Vegetarian Taco Zucchini Boats

Ingredients:

- 6 medium zucchinis, cut in half lengthwise
- 1 Tbsp. olive oil
- 2 cups cooked quinoa
- 1 red bell pepper seeded, diced
- 1 cup low-sodium black beans drained, rinsed
- 1 cup corn
- 1 cup quartered grape tomatoes
- 1/2 small onion finely chopped
- 2 Tbsps. taco seasoning
- 1 tsp. garlic powder
- 1/2 cup salsa
- 1 cup Mexican cheese

Directions:

1. Preheat oven to 400°F.
2. Hollow out center of zucchini halves with spoon or melon baller, leaving ¼-inch thick outer shell. Brush with 1 Tbsp. oil and place on large baking sheet coated with nonstick cooking spray.
3. Mix cooked quinoa, pepper, beans, corn, tomatoes, onion, taco seasoning and garlic powder in large bowl.
4. Scoop mixture in zucchini halves. Top with salsa and cheese.
5. Bake 30 minutes, or until zucchini is tender and cheese is melted.

Recipe courtesy of our friends at HealthyFamilyProject.com.

