

# Recipe

## Featured Recipe

### LUNCH

### Beef-Bulgur Stuffed Zucchini Boats

4 Servings



#### INGREDIENTS

- 4 medium zucchini
- 1 pound lean ground beef (90% lean)
- 1 large onion, finely chopped
- 1 small sweet red pepper, chopped
- 1 ½ cups tomato sauce
- ½ cup bulgur
- ¼ teaspoon pepper
- ½ cup salsa
- ½ cup shredded reduced-fat cheddar cheese

#### NUTRITION

Per serving: Each serving contains about 361 calories, 13g fat (6g saturated fat), 81mg cholesterol, 714mg sodium, 31g carbohydrate (9g sugars, 7g fiber), 32g protein

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

#### DIRECTIONS

1. Preheat oven to 350°. Cut each zucchini lengthwise in half. Scoop out pulp, leaving a 1/4-in. shell; chop pulp.
2. In a large skillet, cook beef, onion and red pepper over medium heat 6-8 minutes or until meat is no longer pink, breaking into crumbles; drain. Stir in tomato sauce, bulgur, pepper and zucchini pulp. Bring to a boil. Reduce heat; simmer, uncovered, 12-15 minutes or until bulgur is tender. Stir in salsa. Spoon into zucchini shells.
3. Place in a 13x9-in. baking dish coated with cooking spray. Bake, covered, 20 minutes. Sprinkle with cheese. Bake, uncovered, 10-15 minutes longer or until zucchini is tender and filling is heated through.

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