CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Zucchini Boat

Low-Carb Stuffed Dinner

www.consciousrewire.com

Zucchini Boat

Low-Carb Stuffed Dinner

What This Supports

Supports vegetable intake and lean protein.

Why It Works

Zucchini provides volume while turkey and vegetables add protein and micronutrients.

Ingredients

Zucchini Boat

Ingredients:

lb ground turkey

-3 tbsp coconut oil or ghee

large zucchini

lb ground turkey

bunch spinach

medium carrots

Roma tomatoes

25 cauliflower

5-1 tbsp each: smoked paprika, cumin, coriander, oregano, salt, allspice

25 cups feta cheese

Directions

. Heat cooking oil in large pot on low heat. Once melted add spices and combine.

. Add turkey and cook for 2-3 minutes, stirring occasionally.

. Add carrot and cauliflower and turn to medium-low heat. Cook for additional 2-3 minutes, stirring occasionally.

. Add spinach and zucchini. Cook for additional 2-3 minutes, stirring occasionally.

. Add tomatoes and cook for an additional minute.

. Remove filling from heat and scoop into zucchini boats. Top with crumbled feta and cook for 25-30 minutes.

. Serve with avocado (or guacamole) and fermented salsa.

Best Use

Use as a light dinner or meal prep option.

Food Notes & Safety

Cook poultry thoroughly.

Storage & Reheating

Refrigerate up to three days.