

## Zucchini boats

Good if you have left over meat, Doesn't have to be ground pork, just chop up the meat small.\

0.75 cup, whole, Mushrooms chopped

4 ounce, 100% Ground Pork browned

2 ounce, Parmesan cheese grated

2 medium, Zucchini

Cut Zucchini in half lengthwise, scoop out seeds and some flesh until you have space to add the filling.

rough chop the zucchini you removed, add the rest of the ingredients, stir to combine. You can add black pepper to taste.

Preheat oven to 375,

Scoop the filling into the zucchini boats in a baking dish. You may have to squish it or push it to hold together. You can add some grated cheese, (swiss would be good, or some romano)

Cook for 40 minutes.

1 boat is 6 carbs

Sodium 332 mg 14 %

Potassium 339 mg 10 %

Total Carbohydrate 6 g