



# Lighten Up Spring Veggie Boats

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## WELLNESS ADVICE NOW

As the weather warms, reduce consumption of high fat, high calorie meat in favour of lots of fresh vegetables.

A diet rich in vegetables is high in fibre and can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check aiding weight loss.

Here is a tasty yet simple vegetarian meal that will be enjoyed by adults and kids alike.



# Veggie & Goat Cheese Zucchini Boats

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 4 Zucchini (medium)
- 1/3 cup Shallot (thinly sliced)
- 1 1/3 cups Broccoli (cut into small florets)
- 1/3 cup Green Olives (sliced)
- 1 1/3 cups Mixed Beans (cooked, rinsed)
- 2 2/3 tsps Italian Seasoning
- 2/3 cup Goat Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Calcium	94mg
Fat	6g	Iron	3mg
Carbs	25g	Vitamin D	0IU
Fiber	7g	Vitamin E	1mg
Sugar	7g	Vitamin B6	0.5mg
Protein	11g	Folate	147µg
Cholesterol	7mg	Vitamin B12	0µg
Sodium	197mg	Magnesium	70mg
Vitamin A	618IU	Zinc	1mg
Vitamin C	64mg	Selenium	2µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Cut the zucchini down the middle lengthwise and scoop out the middle flesh from the center of each zucchini half. Place them on the baking sheet cut side up.
- 03 In a bowl combine the shallot, broccoli, olives, mixed beans, and Italian seasoning.
- 04 Spoon the filling into each zucchini boat and top each with goat cheese.
- 05 Bake in the oven for 23 to 25 minutes or until the cheese is golden and the zucchini halves have softened. Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to two zucchini boats.

### ADDITIONAL TOPPINGS

Fresh basil, chives, sundried tomatoes, parmesan cheese and/or nutritional yeast, pumpkin seeds.

### MAKE IT VEGAN

Omit the cheese or swap for dairy-free cheese.

