

Selah V. Fitness - Recipes

ZUCCHINI BOATS

INGREDIENTS

1 lb of zucchini
Olive Oil Spray
2 tsp minced garlic
¼-1/2 cup of Parmesan Cheese or Nutritional Yeast

DIRECTIONS

Spray stainless steel pan with olive oil spray. Put garlic in pan. Slice zucchini lengthwise in half. Place them face side down on pan. Grill for 8 minutes until soft and brown. After they're done grilling, flip zucchini over, add salt and pepper to taste, smother them with parmesan cheese or nutritional yeast. Let them grill for another 4 minutes, then place in the oven on High Broil for 5-10 minutes.