



Elliott Evans Nutrition, LLC
Prevent and Protect
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ZU-CANOES

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(Makes 4 Servings)

- 2 medium 2-inch-wide zucchini
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divide
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon minced shallot
- 1 cup quartered grape tomatoes
- ½ cup diced mozzarella cheese, preferably fresh
- ¼ cup thinly sliced fresh basil

- Trim both ends off zucchini; cut in half, lengthwise. Cut a thin slice off the backs of each half so that each half sits flat. Scoop out the pulp, leaving a ¼-inch shell. Finely chop the pulp, and set aside.
- Place the zucchini halves in a microwave safe dish. Sprinkle with ¼ teaspoon each of salt and pepper. Cover and microwave on high until tender-crisp, 3-4 minutes.
- Whisk oil, vinegar, shallot, and the remaining salt and pepper in a medium bowl. Add tomatoes, cheese, basil, and the reserved zucchini pulp; toss to combine.
- Divide the filling among the zu-canoes, and serve.

Nutrition Info:

Per Serving: 87 calories; 4g fat (1g sat, 3g mono); 3 mg cholesterol; 7g carbohydrate; 0g added sugar; 7g protein; 2g fiber; 408 mg sodium.