

BEEF AND BULGUR-STUFFED ZUCCHINI BOATS

Preparation: **35** minutes | Cooking: **30** minutes | Servings: **4**

INGREDIENTS

4 medium zucchinis
1 pound lean ground beef (90% lean)
1 large onion, finely chopped
1 small sweet red pepper, chopped
1 1/2 cups tomato sauce
1/2 cup shredded reduced fat cheddar cheese
1/2 cup salsa
1/2 cup bulgur
1/4 teaspoon pepper



INSTRUCTIONS

Preheat oven to 350°. Cut each zucchini in half lengthwise. Scoop out flesh, leaving a 1/4-inch shell; chop flesh. In a large skillet, cook beef, onion and red pepper over medium heat, breaking it into crumbles; cook 6-8 minutes or until meat is no longer pink; drain. Stir in tomato sauce, bulgur, pepper and zucchini flesh. Bring to a boil. Reduce heat; simmer, uncovered, 12-15 minutes or until bulgur is tender. Stir in salsa. Spoon into zucchini shells. Place in a 13x9-inch baking dish coated with cooking spray. Bake, covered, 20 minutes. Sprinkle with cheese. Bake, uncovered, 10-15 minutes longer or until zucchini is tender and filling is heated through.