

Crispy Bacon and Cheese-Stuffed Zucchini Boats: A Flavorful Low-Carb Delight

Looking for a creative and delicious way to use zucchini? These



OVEN
375°F

TIME
20-25 min

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SAVE
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INGREDIENTS

- 4 medium zucchinis, halved lengthwise
- 1 cup cooked and crumbled bacon (about 8 slices)
- 1 cup shredded cheddar cheese
- 1/2 cup grated Parmesan cheese
- 1/2 cup breadcrumbs (optional for extra crunch)
- 2 cloves garlic, minced
- 1/4 cup sour cream
- 1 tablespoon olive oil
- 1/2 teaspoon dried Italian seasoning
- Salt and black pepper to taste

Instructions:

Prep the Zucchini: Preheat your oven to 375°F (190°C).

Scoop out the seeds and some flesh from the zucchini halves to create "boats." Brush them lightly with olive oil and season with salt and pepper.

Make the Filling: In a mixing bowl, combine crumbled bacon, cheddar cheese, Parmesan cheese, breadcrumbs (if using), minced garlic, sour cream, and Italian seasoning. Mix well.

Stuff the Zucchini: Fill each zucchini half with the bacon and cheese mixture, pressing it down gently to pack it in.

Bake the Zucchini Boats: Arrange the stuffed zucchini on a baking sheet lined with parchment paper.

Bake for 20-25 minutes, or until the zucchini is tender and the cheese is golden and bubbly.

Serve and Enjoy: Serve hot as a main dish or alongside grilled chicken or steak for a complete meal.

Nutritional Information (per serving):

Servings: 4

Calories: 290 kcal

Protein: 12g

Carbohydrates: 10g

Fat: 22g

Fiber: 3g

Sugar: 3g

Tips for Perfect Zucchini Boats:

Make It Keto: Skip the breadcrumbs and add extra Parmesan for a low-carb option.

Add Veggies: Mix in diced bell peppers or mushrooms for added texture and flavor.

Cheese Variety: Try mozzarella or pepper jack for a different flavor profile.

Meal Prep Friendly: Assemble the boats ahead of time and bake them when ready to serve.

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19. These : Crispy Bacon and Cheese-Stuffed Zucchini Boats are a mouthwatering combination of fresh, smoky, and cheesy flavors. They're easy to make and perfect for any occasion. Try them today and explore more exciting recipes on FBRecipes!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-bacon-and-cheese-stuffed-zucchini-boats-a-flavorful-low-carb-delight/>