

Baked Ricotta Zucchini Boats with Spinach and Mushroom Filling

If you're looking for a dish that's as comforting as it is nourishing, these



OVEN
375°F

TIME
5 min

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INGREDIENTS

- 2 medium zucchinis, halved lengthwise
- 1 cup fresh spinach, chopped
- 1 cup mushrooms, diced
- 1 cup ricotta cheese
- $\frac{1}{2}$ cup shredded mozzarella (plus extra for topping)
- $\frac{1}{4}$ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt & pepper, to taste

DIRECTIONS

1. Prep the Zucchini: Preheat oven to 375°F (190°C).
2. Cut zucchinis in half lengthwise and scoop out the centers using a spoon to form "boats."
3. Lightly salt and set aside on a baking dish.
4. Cook the Veggie Filling: In a skillet over medium heat, warm olive oil.
5. SautØ garlic until fragrant (about 30 seconds), then add mushrooms and cook for 4-5 minutes until softened.
6. Stir in spinach and cook until wilted. Season with salt and pepper.
7. Mix the Filling: In a bowl, combine the cooked mushroom-spinach mixture with ricotta, mozzarella, Parmesan, and more salt and pepper if needed.
8. Stir until creamy and fully combined.
9. Fill and Bake: Spoon the ricotta mixture into the zucchini boats.
10. Top with extra shredded mozzarella for melty goodness.
11. Bake uncovered for 20-25 minutes, or until the zucchini is tender and the cheese is bubbly and golden.
12. Garnish and Serve: Let cool slightly before serving. Garnish with fresh herbs like basil or parsley if desired.
13. Serve warm as a main dish, side, or brunch addition.

SWAPS & NOTES

Ricotta Substitute : Use cottage cheese or mascarpone for a similar texture.

Vegan Option : Swap dairy for plant-based ricotta and vegan cheese shreds.

Add Protein : Mix in quinoa, chickpeas, or shredded chicken for a more filling meal.

Extra Flavor : Add sun-dried tomatoes or chopped artichokes to the filling.

TIPS FOR SUCCESS

Choose medium to large zucchini for easier filling.

Don't overcook-zucchini should be tender but still hold shape.

Add a sprinkle of chili flakes for a little heat.

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

Original recipe: <https://chefmaniac.com/baked-ricotta-zucchini-boats-with-spinach-and-mushroom-filling/>