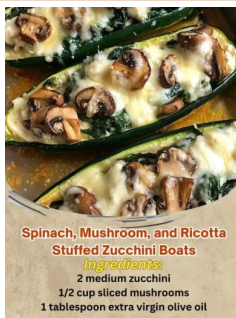


Spinach, Mushroom, and Ricotta Stuffed Zucchini Boats (Easy & Healthy)

Spinach, Mushroom, and Ricotta Stuffed Zucchini Boats



OVEN
375°F

TIME
4 to 5 min

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INGREDIENTS

2 medium zucchini
1/2 cup sliced mushrooms
1 tablespoon extra virgin olive oil
2 cups fresh spinach (or 1/4 cup thawed frozen spinach)
1 teaspoon minced garlic
1/2 cup ricotta cheese
Additional Ingredients:
1/4 cup grated Parmesan cheese
1/2 cup shredded mozzarella cheese
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon Italian seasoning
1/4 cup marinara sauce (optional)

DIRECTIONS

1. Prepare the zucchini: Preheat your oven to 375°F (190°C). Slice the zucchini in half lengthwise and scoop out the centers with a spoon to create boat-shaped boats. Lightly brush with olive oil and place them in a baking dish.
2. Cook the filling: Heat olive oil in a skillet over medium heat. Add the sliced mushrooms and cook for about 4 to 5 minutes until softened.
3. Add garlic and spinach: Stir in the minced garlic and cook for about 1 minute until fragrant. Add the spinach and cook until wilted (or heated through if using frozen spinach). Remove from heat.
4. Mix the filling: In a bowl, combine the cooked mushroom and spinach mixture with ricotta cheese, Parmesan, salt, pepper, and Italian seasoning. Mix until well combined.
5. Fill the zucchini boats: Spoon the mixture evenly into each zucchini half, packing it in gently.
6. Add cheese topping: Sprinkle shredded mozzarella over the top of each boat. Add a spoonful of marinara sauce if you'd like extra flavor.
7. Bake: Bake for 20 to 25 minutes, or until the zucchini is tender and the cheese is melted and lightly golden.
8. Serve: Let cool slightly before serving. Enjoy warm as a main dish or side.

SWAPS & NOTES

This recipe is easy to customize depending on your preferences: Zucchini: Medium zucchini work best for sturdy

"boats." Spinach: Fresh gives the best texture, but frozen works in a pinch-just make sure it's well-drained.

Mushrooms: Add depth and umami, but you can swap in chopped bell peppers or onions if desired.

Ricotta cheese: Provides creaminess and protein; cottage cheese can be used as a substitute.

Mozzarella and Parmesan: The combination gives both melt and flavor.

TIPS FOR SUCCESS

To keep your zucchini from becoming too watery, you can lightly salt the scooped halves and let them sit for a few minutes before patting them dry.

This helps draw out excess moisture.

Don't overcook the zucchini-you want it tender but still able to hold its shape.

Keeping an eye on the baking time helps prevent it from becoming too soft.

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

Original recipe: <https://chefmaniac.com/spinach-mushroom-and-ricotta-stuffed-zucchini-boats-easy-healthy/>