

Spinach, Mushroom, and Ricotta Stuffed Zucchini Boats: A Light and Cheesy Dinner Idea

Spinach, Mushroom, and Ricotta Stuffed Zucchini Boats



OVEN
375°F

TIME
25 to 35 min

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INGREDIENTS

4 medium zucchinis, halved lengthwise and seeds scooped out
1 tablespoon olive oil
1 small onion, diced
2 cloves garlic, minced
1 cup mushrooms, diced
Fresh spinach
Ricotta cheese
Salt and black pepper
Optional Italian seasoning or red pepper flakes
Shredded mozzarella or Parmesan for topping, if desired

DIRECTIONS

- 1.** Prep the zucchini: Preheat your oven to 375°F. Slice the zucchinis lengthwise and scoop out the seeds and some of the center flesh to create boat shapes. Arrange them in a baking dish or on a parchment-lined baking sheet.
- 2.** Sauté the vegetables: Heat the olive oil in a skillet over medium heat. Add the diced onion and cook until softened. Stir in the garlic and diced mushrooms, then sauté until the mushrooms release their moisture and begin to brown.
- 3.** Add the spinach: Add the spinach to the skillet and cook until wilted. Season with salt, black pepper, and a pinch of Italian seasoning or red pepper flakes if you'd like a little extra flavor.
- 4.** Make the filling: Remove the skillet from the heat and let the vegetable mixture cool slightly. Stir it together with the ricotta until the filling is creamy and well combined.
- 5.** Fill the zucchini boats: Spoon the ricotta mixture evenly into each zucchini half. If you want a more golden, bubbly finish, sprinkle the tops with mozzarella or Parmesan.
- 6.** Bake until tender: Bake for about 25 to 35 minutes, depending on the size of your zucchini, until the boats are tender and the filling is hot. If you added cheese on top, you can broil for the last 1 to 2 minutes for extra color.
- 7.** Serve warm: Let the zucchini boats rest for a few minutes before serving so the filling sets slightly and the flavors settle.

SWAPS & NOTES

This recipe is easy to personalize depending on what you have on hand.

Zucchini: Medium zucchini work best because they hold enough filling without becoming too oversized or watery.

Mushrooms: White mushrooms or cremini both work well here.

Ricotta: Whole milk ricotta gives the creamiest result, but part-skim works too.

TIPS FOR SUCCESS

A few simple tricks will help these stuffed zucchini boats turn out beautifully: Don't scoop the zucchini too thin or the shells may collapse.

Cook the mushrooms until their moisture evaporates so the filling stays rich, not watery.

Let the filling cool slightly before mixing in the ricotta.

Season the filling well, since zucchini itself is fairly mild.

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

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