



HG's Cheesy Zucchini Skins

Swaps vs. Skins! *4 servings*

Serving Size: 2 skins (1/4th of recipe)

Calories: 80

Fat: 4.5g

Sodium: 195mg

Carbs: 6g

Fiber: 1.5g

Sugars: 3.5g

Protein: 6.5g



PointsPlus® value 2*

Potato skin fans, REJOICE! Here's an HG-ified low-carb swap for the fatty bar-food favorite. It is SO GOOD...

Ingredients:

2 slices center-cut bacon or turkey bacon

2 medium-large zucchini, stem ends removed

1/2 cup shredded reduced-fat Mexican-blend cheese

1/4 cup chopped tomato

1 tbsp. chopped scallions

Optional toppings: light or fat-free sour cream, salsa

Directions:

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook times.)

Pierce zucchini several times with a fork. Place zucchini on a microwave-safe plate, and microwave for 2 minutes.

Flip zucchini and microwave for 2 more minutes, or until softened.

Pat dry. Let cool, about 5 minutes. Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh, leaving about 1/4 inch inside the skin. Thoroughly pat dry.

Place hollowed-out zucchini in the baking pan, cut sides up.

Distribute cheese among the zucchini. Chop or crumble bacon, and sprinkle over cheese.

Bake until cheese has melted and bacon is hot, about 5 minutes. *Cut ea. pcs. in 1/2 lengthwise; top with tomato & scallions.*