

## Zucchini Skins



### 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 each piece in half widthwise, and sprinkle with tomato and scallions. Enjoy!

### Nutrition Facts

Makes 4 servings

Amount per serving:

<b>Calories</b>	80
<b>Total Carbs</b>	6 g
<b>Dietary Fiber</b>	1.5 g
<b>Sugars</b>	3.5 g
<b>Total Fat</b>	4.5 g
<b>Protein</b>	6.5 g
<b>Sodium</b>	195 mg