

**HAM STUFFED ZUCCHINI BOATS**

4 portions

INGREDIENTS

- 2 large units of zucchini, (646 g)
- 4 tablespoons of olive oil, (54 g)
- 400 grams of ham, deli
- 100 grams of cottage cheese,
- 2 tbsps of mayonnaise (30 g)
- 1/2 small red onion, diced (35 g)
- 1/2 tbsp of rosemary, dried (2 g)
- 175 grams of Grated Cheese
- 200 grams of lettuce, green leaf, raw
- 1/2 tbsp of white wine vinegar, (7 g)

COOKING METHOD

- 1° Preheat oven to 200°C.
- 2° Split each zucchini in half, lengthwise, and remove the seeds. Sprinkle with salt and let sit for 10 minutes.
- 3° Blot off the drops of liquid with paper towels. Place the halves in a greased baking dish with 1 tbsp of olive oil.
- 4° Chop the ham coarsely and mix with cottage cheese, mayonnaise, red onion and spices. Add a third of the grated cheese. Salt and pepper to taste.
- 5° Distribute the mixture into the halves of zucchini and sprinkle the remaining cheese on top. Bake for approximately 20-30 minutes or until the zucchini boats have turned a nice golden color.
- 6° Mix remaining oil, vinegar, salt and pepper into a simple vinaigrette. Serve the zucchini boats beside a simple salad made with lettuce and vinaigrette.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (412 g)	% DRI
ENERGY	124 kcal	511 kcal	26 %
FAT	9 g	39 g	60 %
FATTY ACIDS, TOTAL SATURATED	3 g	14 g	70 %
CHOLESTEROL	11 mg	44 mg	15 %
SODIUM	281 mg	1158 mg	48 %
CARBOHYDRATE	2 g	10 g	3 %
SUGARS	1 g	6 g	—
FIBER	1 g	3 g	10 %
PROTEIN	8 g	33 g	—