

**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                | —     |