

Zucchini Pizza Boats

adapted from wellplated.com

Ingredients

- 4 medium zucchini
- 1/4 teaspoon kosher salt
- 1 cup pizza sauce *or similar prepared marinara sauce*
- 1 1/4 cups shredded mozzarella cheese
- 1 teaspoon [Italian seasoning](#)
- (Optional) 1/4–1/2 teaspoons crushed red pepper flakes
- 1/4 cup mini pepperoni or regular pepperonis cut into fourths.
- 2 tablespoons freshly ground Parmesan
- 2 tablespoons chopped fresh basil, thyme, or other fresh herbs

MORE OPTIONAL TOPPINGS:

- Sliced baby bella mushrooms
- Diced red onion
- Sliced olives
- Veggies of choice! *sauté if they are watery or very firm*

Instructions

1. Place a rack in the center of your oven. Preheat the oven to 375 degrees F. Lightly coat a rimmed baking sheet or 9x13-inch baking dish with nonstick spray.
2. Halve each zucchini lengthwise. With a small spoon or melon baller, gently scrape out the center zucchini flesh and pulp, leaving a border of about 1/3 inch on all sides. Arrange the zucchini shells on the baking sheet. Sprinkle the insides of the zucchini with salt.
3. Spoon the pizza sauce into each shell, dividing it evenly. You may need a little more or less, depending upon the size of your zucchini. Put a generous amount, but don't feel like you need to fill it all the way to the very top.
4. Sprinkle the mozzarella over the top, then evenly sprinkle with Italian seasoning and red pepper flakes (if using). Scatter on the pepperoni and any other desired toppings. Last, sprinkle with Parmesan.
5. Bake for 15 to 20 minutes, until the cheese is hot and bubbly and the zucchini is tender. If desired, switch the oven to broil and cook the zucchini for 2 to 3 additional minutes, until the cheese is lightly browned. Remove from the oven and sprinkle with chopped fresh basil. Serve immediately.