Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

## Personal Zucchini Pizza Boat

This recipe can be made in individual serving sizes, which is ideal for COVID safety.

Adapted from Food Hero Makes 1 serving

## **Ingredients**

1 medium zucchini

1/4 cup tomato-based pasta sauce

1/4 cup shredded mozzarella cheese

1 tablespoon shredded parmesan cheese

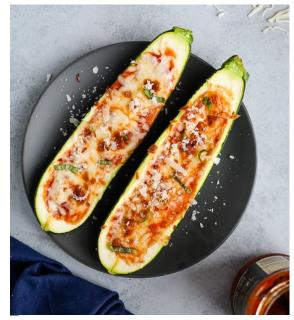


Photo credit: I Heart Vegetables website

## Instructions

Preheat oven to 350°F.

Trim the ends off zucchini and cut in half lengthwise. Use a spoon to gently scoop out the soft, seedy center of each half.

Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.

Bake 25-30 minutes or until zucchini can be easily pierced with a fork and cheese is bubbly and brown. Serve warm.

## Note:

To make the recipe dairy free, use dairy-free cheese alternatives in place of the mozzarella and parmesan cheese.







