

Zucchini Meatball Subs



The ingredients:

- 1 lg or 2 med. zucchini
- 1 tbsp olive oil
- 10-12 turkey meatballs
- 4-6 slices provolone cheese
- 1 jar of veggie marinara sauce



The method:

- 1) Preheat oven to 350 F.
- 2) Spray sheet pan with cooking spray.
- 3) Slice off the ends of zucchini and slice it in half lengthwise.
- 4) Drizzle lightly with olive oil, salt and pepper.
- 5) Place on one side of sheet pan face down, with meatballs on other, then place in oven and roast for ~30 mins.
- 6) Remove. Place zucchini face up on plate. Slice into handheld size portions.
- 7) Place 1 slice of cheese on top of zucchini, then 2 meatballs.
- 8) Cover lightly with marinara sauce and serve.

The nutrition:

Kcal: 225 kcal

Fiber: 4 g

Saturated Fat: 8 g

Protein: 20 g

Added Sugar: 0.5g

