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