

# Taco-Stuffed Zucchini

These stuffed zucchinis taste just like tacos—except, in place of traditional beef or chicken, we're subbing in a yummy vegetarian filling! Tofu is flavored with taco seasoning, garlic and tomato sauce, stuffed into tender zucchini and topped with melty cheese, creamy avocado, fragrant cilantro and red onion. We love this versatile, low-carb dinner because it can be made hundreds of different ways.



Total Time: 40 min  
Servings: 4

## Ingredients

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| 1 (14 oz.) package extra-firm tofu, drained   | ½ teaspoon kosher salt                                 |
| 4 medium zucchini                             | 2 ounces shredded Mexican cheese blend (about 1/2 cup) |
| 1 tablespoon olive oil                        | ½ medium ripe avocado, chopped                         |
| 1 cup chopped yellow onion (1 medium)         | 2 ounces radishes, thinly sliced                       |
| 1 tablespoon minced garlic (about 3 cloves)   | ½ cup chopped red onion (from 1 small)                 |
| 1 (1 oz.) package taco seasoning (low sodium) | Fresh cilantro leaves                                  |
| ¾ cup no-salt-added tomato sauce              |  |

- Preheat oven to 425°. Wrap drained tofu in several layers of paper towels; top with a heavy skillet to squeeze out more liquid. Let sit 10 minutes. Break into chunks.
- While tofu drains, slice zucchini in half lengthwise and scoop out flesh, leaving a 1/4-inch border around the sides. Place zucchini shells in a single layer in a 13- x 9-inch baking dish. Set aside.
- Heat oil in a large nonstick skillet over medium-high. Add chopped yellow onion and cook, stirring occasionally, until softened, about 4 minutes. Add garlic and taco seasoning and cook, stirring constantly, until fragrant, about 30 seconds. Add tofu chunks and stir to break into bite-size pieces and fully coat in spices. Stir in tomato sauce, and bring to simmer. Remove from heat.
- Sprinkle zucchini halves evenly with salt. Spoon tofu mixture evenly into zucchini halves. Sprinkle with cheese.
- Bake in preheated oven until zucchini is tender and cheese is melted, about 20 minutes. Top with avocado, radishes, red onion and cilantro. Serve immediately.

## Nutrition Facts

**Serving Size:** 2 Zucchini Halves

### Per Serving:

324 calories; protein 19g; carbohydrates 23g; dietary fiber 5g; sugars 11g; fat 18g; saturated fat 4g; niacin equivalents 1.7mg; vitamin b6 0.5mg; sodium 703mg; calories from fat 162kcal.

