

LOADED ZUCCHINI SKINS

Gluten Free, Low Carb / Diabetes Friendly

Serves: 2 skins

Nutrition (per serving)

Calories: 101

Total Carbohydrate: 3

Total Fat: 7.5 g

Protein: 6 g

Saturated Fat: 4.5 g

Ingredients

3-4 slices center cut bacon

2 medium zucchini

Olive oil spray

1/2 to 3/4 tsp salt

1/4 tsp garlic powder

1/4 tsp paprika

1 1/4 cups shredded cheddar cheese

sour cream or plain Greek yogurt (optional topping)

Loaded Zucchini Skins

2 green onions, sliced thin (optional garnish)

Directions

1. Cook bacon until crisp. Drain and set aside. Slice or crumble when it has cooled.
2. Halve zucchini lengthwise then crosswise. Scoop the pulp out of each piece, leaving a 1/4 inch shell on all sides. Remember to save the pulp for later use.
3. Spray both sides of each zucchini piece with olive oil.
4. Mix salt, garlic powder and paprika and season the top of the zucchini slices (the side without the outer skin).
5. Working in batches (depending on the size of your air fryer), arrange in single layer in air fryer basket. Cook on 350 for 8 minutes or until crisp-tender.
6. Remove from basket. Continue until all skins are cooked crisp-tender.
7. Top each skin with cheese and crumbled bacon. Return to air fryer (again in batches depending on size of air fryer) and cook at 350 for an additional 2 minutes, to melt cheese.
8. Top with 1 tsp sour cream or Greek yogurt and green onions, if desired. (sour cream is figured in the nutrition information)