

5 Ingredient Turkey Zucchini Boats

Healthy, Quick & Easy!

Prep Time: 10 minutes Cook Time: 50 minutes Serves: 4

Recipe Author: Brittany Mullins <https://www.eatingbirdfood.com/>

- 4 medium zucchini squash
- 1 medium onion, chopped
- 2 lb ground lean turkey
- 3 cup prepared marinara sauce
(look for some without added sugar)
- 4-6 Tablespoons parmesan cheese
(optional)



1. Preheat oven to 400 degrees F. Place a large nonstick skillet over med-high heat. Add the onion and ground turkey into the skillet. Season with salt and pepper. Cook for 8 to 10 minutes, breaking apart with a wooden spoon or spatula while it cooks. Add the marinara sauce. Cook 2-3 minutes additional minutes.
2. As the turkey cooks, cut the zucchini in half lengthwise. Use a spoon to scoop the seeds and center out of each zucchini half, leaving about ¼ inch thick zucchini boat. Place the zucchini (cut-side up) in a 9X13 baking dish. Spoon the turkey mixture into the four zucchini boats. Sprinkle each boat with a little parmesan cheese. Cover the baking dish with foil. Bake for 20-30 minutes or until boats are heated throughout and cheese has melted.



We welcomed new **Resident Service**

Coordinator Kristen McEvoy in April and will be looking at some possible family activities as we come into warmer weather. In the meantime, you may contact Kristen directly at kmcevoy@bathhousing.org or 295-3317.

 BATH HOUSING

80 Congress Ave,
Bath, ME 04530
(207) 443-3116
June 2019

Family Scuttlebutt

Welcome to Summer!

There are so many fantastic & free family events coming up:



Bath Safety Day & Bike Rodeo
Saturday June 1st, 10am-1pm at Bath
Police Department, 250 Water Street

KELT (Kennebec Estuary Land Trust) Free Programs
for kids 6 & younger with Patten Free Library :

- June 12, 10:30-11:30am: **Seed Sleuths @ Library Park**
- June 19, 10:30-11:30am: **Grow Garden Grow! @ LOCAL Garden**
- June 26, 10:30-11:30am: **Busy, Busy Bees @ LOCAL Garden**

To sign-up, email info@kennebecestuary.org or call 207-442-8400.



Children's Summer Reading Kick-Off Marionette Show, June 21, 2-3pm
All ages, Library Gazebo, Ice Cream Social to follow

Pirate Week at the Library, June 25-29

Pirate Fun with Pirate Greg Latimer, June 27, 10:30-11:30am, ages 5 & up,
@Gazebo & Library Park, Ice Cream Social to follow

Preschool Storytime & Craft, Friday, June 21 and Friday, June 28, 10:30-11am,
Patten Free Library



Art Van returning to Bath Housing in July...