

## STUFFED ZUCCHINI

Yield: 2-3 servings

2 medium zucchini (7"–8"), sliced in half lengthwise, **reserving scooped centers\***  
extra virgin olive oil (EVOO)  
salt to taste  
black pepper to taste

1/8 lb. ground turkey\*\*  
2 Tbsp. onion, diced  
1/2 stalk celery, diced  
2 large cremini mushrooms, diced  
salt to taste  
roasted red pepper to taste  
roasted tomatoes to taste  
black pepper to taste  
pinch of dried basil  
pinch of dried marjoram  
pinch of dried rosemary  
pinch of dried thyme  
pinch of rubbed sage  
1 Tbsp. fresh parsley  
1/2 c. sharp cheddar cheese, grated, **divided in half**

1. Adjust oven rack to bottom position. Place rimmed baking sheet with a silicon baking sheet or parchment paper on rack in **COLD** oven. Heat oven to 400°. Halve each zucchini lengthwise. Use a scoop or rounded measuring spoon to remove most of the flesh so the walls of each half are 1/4 inch thick. Chop scooped centers of the zucchini and set aside. Brush cut sides of zucchini halves with EVOO and season *lightly* with salt and black pepper. When oven is hot, set zucchini halves cut side **DOWN** on hot baking sheet on lowest rack. Roast zucchini until *slightly* softened and skins are wrinkled, about 10 minutes. Do not overcook! Now set oven to 350°.
2. Meanwhile, cook ground turkey in a skillet. Transfer turkey to a plate. Heat same skillet to medium temperature. Add a little oil and sauté onion until it starts to brown. Add celery and mushrooms and stir occasionally. Sauté until golden, for about 8 minutes. Add reserved centers of chopped zucchini to the mixture. *Lightly* salt. Add roasted red pepper, roasted tomatoes, black pepper, and dry herbs. Return turkey to skillet. Cook until chopped zucchini softens, for about 5 minutes. Remove from heat. Stir in parsley and *half* of the cheese. Taste mixture in case additional salt, black pepper, or herbs are desired.
3. Position zucchini halves cut side up and mound the mixture in the zucchini halves. Bake at 350° until heated through. Top with remaining cheese and bake until it has melted.

### Substitutions/Notes:

\* Easier to use zucchini that are straight rather than curved.

\*\* Cooked sausage, or cooked hamburger. If using ham, add to skillet with the chopped zucchini.