

Stuffed Zucchini Boats

4 medium zucchini
¾ lb. lean ground beef
3 tbsp. diced onion
pepper to taste

1 clove of garlic
¾ tsp. salt, opt.
½ cup tomato puree
grated cheese if desired

Prepare (boil) zucchini in salted water for 4 -5 minutes; drain. Split in halves length wise and scoop out as much pulp as possible while still leaving firm shell; save pulp. Brown meat in skillet and drain off fat. Add remaining ingredients, simmer for 5 minutes add in pulp and stir. Stuff shells with meat mixture. Sprinkle with grated cheese if desired. Bake at 375° for 20 minutes.