

recipe

Stuffed Zucchini Boats

350 degrees
30 minute dinner



INGREDIENTS

3 medium uniformly-sized zucchini or
1-2 large zucchinis
1 lb. of fresh tomato and basil
1 T olive oil
1 lb. of meat of choice. *
1/3 c chopped onion
1 tsp minced garlic
1/3 c chopped red bell pepper
1/2 c squash
1/4 c chopped fresh thyme and rosemary
1 tsp Italian seasoning
1/2 tsp salt
Fresh ground black pepper to taste
1/4 tsp crushed red pepper or to taste
1-1/2 c shredded cheese of choice
1/4 c shaved or shredded Parmesan
2 T Italian style panko bread crumbs
optional:
1/2 cup chopped brown button mushrooms

INSTRUCTIONS

Preheat oven to 375 degrees F.

Trim ends from zucchini and slice in half, lengthwise. Use the tip of a spoon to scrape out the zucchini flesh, chop it and set it aside. Place the scooped out zucchini boats into a 13" x 9" baking dish and add oil and salt pepper. Turn zucchini upside down. Bake in preheated oven for 20 minutes, until just slightly fork-tender.

While zucchini is baking, cut up additional veggies and saute.

Meanwhile, add olive oil to a 12" skillet and place over MEDIUM heat.

Add meat, onion, bell pepper, and garlic to the skillet.

Cook, stirring to break up the ground meat as it cooks.

Continue to cook and stir until meat is thoroughly cooked and veggies have softened.

Drain off as much grease as possible and return the skillet to the heat.

Add the chopped zucchini flesh, tomatoes, parsley, Italian seasoning, salt, fresh ground black pepper, and crushed red pepper. Stir well to combine.

Bring to a simmer, then reduce heat and allow to simmer over low heat for about 15 minutes.

Remove zucchini from oven, and set aside to cool slightly.

Remove partially cooked zucchini from baking dish and flip the boat over.

Divide the filling between the zucchini boats. If you have extra filling, spoon it into the dish around the zucchini boats.

Cover the dish with foil, and bake for 20 minutes, or until zucchini is fork tender.

Remove dish from oven and set oven to BROIL.

Remove foil and sprinkle zucchini boats with cheese, Parmesan and the panko bread crumbs. Place dish in oven, watching closely, and cook for just a couple of minutes until cheese has melted and bread crumbs are golden brown.

RECIPE NOTES

**We often bake our meat first while zucchini is turned upside down.

My tip for scraping out zucchini fles:

Use a sharp knife to lightly score the zucchini to outline the area you want to scoop out being very careful not to cut through. You just want an outline.

Use the tip of a spoon to scrape the flesh out and on to a cutting board.

* meat of suggestions ~ cooked bacon, sausage, chicken, chicken sausage, etc.