

Stuffed Zucchini Boats

Serves 4-8

Zucchini is abundant in late fall, as are tomatoes. You can combine them to make a delicious entrée or side dish that is on the table in less than an hour. To make a complete meal you can add 1 cup of cooked turkey, cooked ground beef or drained lentils to the sauce after you bring it to the boil.

4 medium zucchinis
2 tablespoons olive oil
1 small yellow onion, finely diced
1 teaspoon minced garlic
1 – 398ml (14oz) can diced tomatoes **OR**
4 medium tomatoes, peeled, seeded and diced
10 fresh basil leaves **OR**
2 teaspoons mixed Italian seasoning
2 cups shredded mozzarella cheese
Kosher salt and freshly ground black pepper to taste
Fresh basil to garnish

Pre-heat oven to 400°F. Spray a 9-inch x 13-inch baking dish with non-stick cooking spray or line a rimmed baking sheet with foil and spray.

Wash the zucchini and trim the stem and flower ends. Cut each in half horizontally and use a spoon to scoop out the seeds. A grapefruit spoon works well for this. Place the zucchini in the baking dish or sheet. Season the zucchini lightly with salt and pepper. Set aside.

Place a large skillet over medium-high heat. Add the olive oil and then the onions and garlic. Cook for 3-5 minutes or until the onion is soft and translucent.

Add the tomatoes and dried herbs if using. Bring to a boil. Stir in cooked protein if using. Simmer until the liquid has reduced. Taste and season with salt and pepper and remove from heat. Stir in the fresh basil at this point if using.

Add about 2-3 tablespoons of the filling for each zucchini. Top with the mozzarella cheese.

Bake until the zucchini is soft, and the filling is bubbling, about 20-25 minutes. Serve immediately.