

Sausage Stuffed Zucchini

Ingredients

1 extra-large or 2-3 large zucchini
2 tbsp. extra virgin olive oil
1 large onion chopped
1 green, red or yellow bell pepper chopped
5 cloves garlic, minced
1 lb. Italian hot sausage (sweet if you prefer)
2 tbsp. fresh Italian flat leaf parsley, chopped
2 tbsp. fresh oregano, chopped
2 tbsp. fresh basil, chopped
½ cup Parmesan cheese, grated
½ cup Italian seasoned bread crumbs
½ cup mozzarella cheese, shredded
salt and pepper to taste

Preparation

Remove each end of the zucchini and slice long ways in half. Leaving about a half inch border, use a teaspoon to remove the center to create a vessel to hold the sausage mixture. Discard the seeds and save the flesh.

In a large skillet, warm olive oil over medium high heat. Add peppers and onion cook until softened about 5 minutes, add garlic and zucchini flesh and cook for a few minutes more. Place vegetable mixture in a bowl and set aside.

Add sausage to pan and cook until no longer pink and separate into smaller pieces, add vegetable mixture back into cooked sausage and add parsley, basil and oregano. Stir until combined. Remove from heat and add bread crumbs and parmesan. Fold together.

Preheat oven to 400. Mound the mixture into zucchini halves and place in prepared 9 x 13 pan. Cover with foil and bake for 30 minutes. Remove foil and sprinkle each zucchini with shredded mozzarella and bake uncovered for 10 minutes more. Let rest for 10 minutes before serving.