

Stuffed Zucchini

This recipe will need to be adjusted depending on the size of zucchini you have available. It's a great way to use over-sized zucchini – in this case, discard seeds, as they become woody with age. With small, young zucchini you may eat the entire squash.

Ingredients:

- zucchini – 1 large or 2-4 small
- 1 large onion, chopped
- 1 bell pepper, chopped
- 3 garlic cloves, minced
- 1 lb lean, ground beef or 1 lb firm, organic tofu for vegan version
- 1 15 oz can tomato sauce
- Italian seasonings – oregano, thyme, marjoram, basil – to taste (or approx 1 Tbsp total)
- salt & pepper to taste
- parmesan cheese, shredded

Directions:

- Cut zucchini in half lengthwise. Using a spoon, scoop out seeds leaving a hull. Dice the zucchini insides.
- Blend zucchini insides, onion, pepper and garlic. Cook in olive oil skillet until zucchini is soft.
- Cook ground beef (or crumbled tofu in olive oil) in skillet. Season.
- Drain off grease. Add zucchini mixture and tomato sauce. Simmer for 10 minutes.
- Meanwhile, bake zucchini shells in oven at 350 degrees for 20-30 minutes (less for small zucchini – you want the shell to be tender-firm).
- Fill zucchini shells with beef-zucchini mixture and top with shredded cheese.
- Bake for another 15-20 minutes.

