

# THE CULINARY

## Playground



### Sausage Stuffed Zucchini Boats

*Makes 2*

1 medium zucchini, cut in half lengthwise  
1 t olive oil  
1 1/2 oz sweet or hot Italian sausage  
1/2 clove garlic, minced  
1/4 small onion, chopped  
Small vine-ripened tomatoes, chopped  
Kosher salt and freshly ground black pepper  
2 T Parmesan, finely grated  
1 1/2 T mozzarella, shaved  
1/8 cup breadcrumbs  
chopped fresh parsley

Preheat the oven to 400 degrees F.

With a teaspoon, scoop out the flesh from the interior of the zucchini, so they resemble boats. Place the zucchini boats in baking dish coated with a bit of olive oil. Chop the zucchini flesh and set aside.

In a medium saute pan over medium heat, add the olive oil and let heat through. Add the sausage, and cook for 4 minutes, breaking it up with a spatula. Add the garlic, onion, chopped zucchini flesh, tomatoes and some salt and pepper. Cook until softened, about 4 minutes.

In a medium bowl, add the Parmesan, mozzarella, breadcrumbs and parsley; mix to combine.

Spoon in and mound the sausage mixture into the zucchini boats.

Sprinkle the breadcrumb mixture over top.

Place in oven and bake until golden on top, and zucchini is soft, about 25 minutes.

*\*If you prefer the zucchini very tender, microwave the empty zucchini boat for 5 minutes until softened, then proceed with filling and baking.*