

# THE CULINARY

## Playground



### Sausage Stuffed Zucchini Boats

*Makes 4*

2 medium zucchini, cut in half lengthwise  
1/2 tablespoon olive oil  
6 oz sweet or hot Italian sausage  
1 clove garlic, minced  
1/2 small onion, chopped  
1 vine-ripened tomatoes, chopped  
Kosher salt and freshly ground black pepper  
1/4 cup Parmesan, finely grated  
1/4 cup mozzarella, shaved  
1/4 cup breadcrumbs  
2 tablespoons 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. Rub the inside and outside of the zucchini with olive oil and place the zucchini boats in a casserole dish. And rough chop the zucchini flesh.

In a medium saute pan over medium heat, add the olive oil and let heat through. Add the sausage, and cook for 5 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.

Add marinara sauce to baking dish.

In a medium bowl, add the Parmesan, mozzarella, breadcrumbs and parsley; mix to combine. Spoon in and mound the sausage mixture into each zucchini boats equally and lay boats into baking dish.

Sprinkle the breadcrumb mixture over top.

Place in oven and bake until golden on top, 20 minutes.