

STUFFED ZUCCHINI

This stuffed zucchini recipe can be made with many different ingredients.



Stuffed zucchini

I used mushrooms, onion, tomato and bread crumbs. Just about anything can be used; peppers of any kind, sausage, ham, beef, olives, capers etc....



Stuffed zucchini mix

Ingredients;

- 4 long thin zucchini
- 2 TBSL butter or extra virgin olive oil
- 1/2 a small onion, chopped
- 4 oz fresh mushrooms, chopped

1 plum tomato, chopped
dash of garlic powder, not salt
Salt & pepper to taste
1 TBSL grated Romano cheese
2 TBSL bread crumbs, any kind you like

Directions;

Preheat oven to 350.

Wash the zucchini thoroughly. Leaving the stem in tact make a "V" shaped cut in them and remove the cut zucchini. Use a small melon baller to make a canal in the zucchini.



hollowed out zucchini

Chop the removed zucchini and add it to the stuffing. In a frying pan add the butter/oil and the onion. Saute for a few minutes and then add all the other ingredients, except the bread crumbs. Stir and let simmer for 5 minutes or so. If you use salty ingredients you might not want to add salt. Add the bread crumbs, this will tighten up the stuffing from being too watery. Stuff the cooked mixture into the zucchini canal as pictured. Place in a covered baking dish and bake for about 30 minutes or until the zucchini are soft but not falling over and mushy.

If you have extra mushrooms and stuffing make stuffed mushrooms with it...