

Zucchini Boats Stuffed with Sausage

Ingredients	Instructions
<ul style="list-style-type: none"> • 4 medium zucchinis, halved lengthwise and scooped out (or substitute with small eggplants) • 1 lb Italian sausage, mild or hot (or substitute for any type of sausage or ground beef) • 2 cups marinara sauce • ¾ cup shredded mozzarella cheese (or substitute with any type) • 1 small onion • 1 garlic clove, finely diced • 2 tbsp olive oil, divided • Salt and pepper, to taste • ½ tsp dried Italian herb blend, or ½ tbsp fresh (more to taste) • Parsley, chopped (optional, for garnish) 	<ol style="list-style-type: none"> 1. Preheat Oven: Set to 400°F (205°C). 2. Prepare Zucchini: Slice zucchinis in half lengthwise, remove the stem ends. Use a spoon to carefully scoop out some of the flesh. Sprinkle with Italian herb blend, salt, and pepper. Arrange on a baking tray greased with olive oil. 3. Prepare Filling: In a large skillet heat olive oil over medium heat. Cook sausages until cooked through, (about 8-10 minutes). Once fully cooked slice up into pieces or break up with a spatula in the pan. Add onion to sausage and continue to cook until soft and translucent, (about 5 minutes). Toss in garlic, cook until fragrant, (no more than 1 minute). Taste and season with salt and pepper as desired. 4. Heat Marinara: Pour marinara sauce in with sausage and onion, mix well and bring to a simmer, (about 5 minutes). 5. Fill Zucchini: Spoon the sausage mixture into the hollowed zucchini halves and top with shredded cheese. 6. Roast: Bake for 20–30 minutes until zucchini is tender and cheese is golden brown and bubbly.