

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sausage Stuffed Zucchini Boats

Adapted from www.skinnytaste.com

Serves 4-6

4 medium zucchini

½ small onion, finely diced

3 cloves garlic, crushed

½ cup diced red bell pepper

2 pounds Italian chicken sausage, Italian sausage, or Chorizo (We like to get our meat from T-bones Meats in O'Fallon, MO.)

1 ¼ cups marinara sauce

½ cup organic shredded mozzarella cheese (You can leave this off if you want it to be dairy-free)

Grated parmesan cheese, optional

1. Preheat oven to 475 degrees. Using a tablespoon, scoop out zucchini centers to form "canoes" leaving a ¼ - inch border. Roughly chop centers; set aside.
2. Arrange zucchini, cut sides down, on a rimmed baking sheet lined with foil; bake 15 minutes. Remove from oven.
3. Meanwhile, in a large sauté pan, cook sausage, garlic, onion, and bell pepper until sausage is browned and the onions and bell pepper are softened. Add chopped zucchini, season with salt and pepper and cook about 2-3 minutes.
4. Lower oven to 400 degrees, turn hollowed out zucchini cut sides up, and using a spoon fill each hollowed zucchini with sausage mixture, pressing firmly. Top each with sauce, and cheeses (if desired).
5. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through.