

SHADY GROVE FARM AND WELLNESS CENTER

"WHERE GOOD THINGS GROW"

Zucchini Boats

- 6 small zucchini
- 2 Cups of Spaghetti Sauce (with meat, or meatless)
- ½ cup bread crumbs
- ½ cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese

Preheat the oven to 350 degrees.

Serves 6

Slice each zucchini in half length wise, and using a spoon scoop out the flesh, leaving a ½ -inch thick shell all around the zucchini. Chop the scooped-out zucchini flesh, and add to mixing bowl. Stir in bread crumbs, spaghetti sauce, and Parmesan cheese. Mix this well.

Lightly stuff each zucchini half with this mixture. Place the zucchini halves on a baking sheets, cover tightly with foil and place in preheated oven for 35-40 minutes.

Remove from oven, uncover, and sprinkle shredded mozzarella cheese over each zucchini half.

Place pan of zucchini on oven rack to within 6 inches of the broiler.

Turn on broiler, and broil the zucchini until the mozzarella cheese is browned and bubbling, about 5 minutes.