

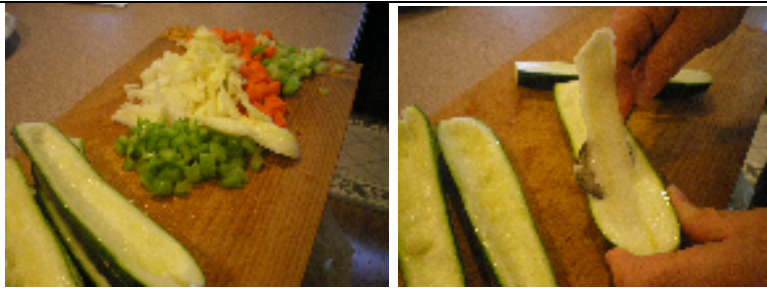
Zucchini Boats

Ingredients:

3 zucchini
¼ onion, chopped
1 carrot, peeled and sliced
¼ green pepper, chopped
1 Tbsp olive oil
¾ lb ground turkey sausage
½ cup tomato sauce
¼ cup parmesan cheese



Directions:



Wash vegetables thoroughly, cut the ends off the zucchini and scoop out the center and set aside reserving the shell.

Heat the olive oil in a frying pan and add the onion, pepper, carrots and the zucchini that you scooped out. Sauté for 5-7 minutes until the vegetables are soft. Remove from pan and cool.

In the same frying pan cook the sausage breaking it into pieces as it cooks. Drain sausage.



Take the cooled vegetables and run them through a food processor on pulse then combine with the sausage in a bowl.

Fill the zucchini shells with the sausage vegetable mixture and place in a 9x13 casserole dish. Pour sauce over the top and sprinkle with parmesan cheese. Bake covered for 45 minutes at 375 degrees or until the sauce is bubbly.

Serves 2-3