

Zucchini Boats

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Ingredients:

Three medium sized zucchini
2 Tbsp. olive oil
½ pound lean ground beef
1 sweet Italian sausage (5-6") link
1 hot Italian sausage (6-6") link
½ onion, diced
½ red pepper diced
1 garlic clove
½ tsp salt
½ tsp pepper
2 ½ Cups diced tomato (fresh or canned)
1 1/2 C Shredded Italian cheese blend



Directions:

Preheat oven to 350*

Halve zucchinis and scoop out inside to create "boats," chop inside into small dice and set aside.

Place zucchini boats in a baking dish and cook for twenty minutes until tender.

Sauté garlic, onion and red pepper in olive oil, until soft.

Remove casing from sausages and brown, add ground beef and brown.

Add diced tomatoes and chopped zucchini and cook down until all incorporated and cooked down.

Take filling and place in precooked zucchini boats, top with shredded Italian cheese.

Bake at 350* until cooked through, cheese is bubbling and zucchini is baked through but still holds its shape.

Enjoy!