



Italian Stuffed Zucchini

Ingredients:

4 medium-large zucchini
6 cloves garlic
1 large onion
8 ounces fresh mushrooms
2 teaspoons fresh parsley
1 cup breadcrumbs
1 pound Italian sausage
2 cups shredded Mozzarella cheese
Salt
Freshly ground black pepper

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350° F. Grease a 13 x 9-inch baking dish and set aside.
3. Rinse zucchini under cool running water. Cut off both ends and split lengthwise. Place cut side up in a 13 x 9-inch microwave-safe casserole or baking dish. Add 1/2 cup water to bottom of casserole and cover with microwaveable plastic wrap. Microwave 6-10 minutes or until fork tender.
4. Scoop out the inside of each zucchini half, leaving a shell to stuff. Place shells cut side up in the greased baking dish. Chop the removed zucchini and set aside.
5. Peel garlic cloves and onion. Rinse under cool running water and finely chop. Set each aside.
6. Wipe mushrooms with a damp paper towel to remove any dirt. Cut off stems, chop mushrooms and set aside. Rinse parsley under cool running water and chop fine, set aside.
7. In a medium skillet, *sauté* garlic, mushrooms, and chopped zucchini in a small amount of oil. Mix in breadcrumbs, salt and pepper to taste and parsley. Remove from skillet and set aside.
8. In the same skillet, brown the sausage and onion until done, drain if needed. Stir in vegetable mixture and stuff into zucchini shells. Sprinkle shells with Mozzarella cheese.
9. Bake until cheese melts and shells are heated through. Serve immediately. **Yield:** 8 servings.