



# Sausage Zucchini Boats

## Ingredients

- 4 MEDIUM ZUCCHINI
- 3 TBSP OLIVE OIL
- 1 LB GROUND ITALIAN SAUSAGE
- 1 SMALL ONION, DICED
- 1 SMALL RED PEPPER, DICED
- 8 OUNCES MUSHROOMS, DICED
- 3-4 CLOVES GARLIC, MINCED
- 1 LB DICED TOMATOES
- 1 TSP SEA SALT
- 1/2 TSP PEPPER
- 1.5 TBSP ITALIAN SEASONING
- 2 CUPS SHREDDED MOZZARELLA

## Prep Time

- PREP | 25 MINUTES
- COOK | 25 MINUTES
- READY IN | 50 MINUTES
- SERVES | 4 PEOPLE

## Directions



- 1 PREHEAT OVEN TO 350°. SLICE ZUCCHINI IN HALF LENGTHWISE. SCOOP OUT THE SEEDS & PART OF THE FLESH.
- 2 PLACE ZUCCHINI HALVES ON A LARGE BAKING SHEET. DRIZZLE WITH 1 TBSP OIL & RUB WITH HANDS TO COAT. SEASON WITH SALT & PEPPER AND BAKE FOR 15 MINUTES.
- 3 WHILE ZUCCHINI IS BAKING, PLACE TOMATOES IN A LARGE BOWL WITH 1 TBSP OIL. ADD SALT & PEPPER.
- 4 HEAT OIL IN SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION & SAUTE UNTIL TRANSLUCENT. CRUMBLE SAUSAGE INTO SKILLET & BROWN.
- 5 ADD PEPPERS, MUSHROOMS & GARLIC TO SKILLET. COOK FOR 3 MINUTES, THEN ADD ITALIAN SEASONING.
- 6 STIR IN TOMATOES AND REMOVE FROM HEAT. GENEROUSLY FILL EACH ZUCCHINI HALF WITH MEAT MIXTURE.
- 7 TOP EACH BOAT WITH SHREDDED MOZZARELLA. BAKE FOR 10 MINUTES OR UNTIL CHEESE IS MELTED. ENJOY!