Stuffed Zucchini Boats

Description

This easy zucchini recipe is sure to please even the pickiest of vegetable eaters. A simple filling of sautéed sweet onion, zucchini, breadcrumbs and melted mozzarella cheese turn a simple vegetable into a delicious, satisfying side dish that can easily be made ahead for company.



Summary

Yield: 4
Prep Time: 30 minutes
Category: Vegetables
Cuisine: American

Ingredients

- 4 medium zuchinni
- 2 tbsp butter
- 1 medium vidalia onion
- 1 clove garlic grated
- 1/3 cup dry bread crumbs seasoned
- 1 1/2 cup shredded mozzarella cheese

Instructions

Preheat the oven to 375°F and coat a shallow baking pan with nonstick spray.

Trim the ends from the zucchini and halve them lengthwise. Using a melon baller, hollow out each half leaving a 3/16-inch thick wall on the sides and bottom (reserve the pulp). Season the cavities with salt and pepper and arrange on the prepared baking sheet. Roughly chop the pulp from the zucchini and set aside.

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Heat the butter in a skillet over medium heat. Add the onion and sauté until soft and translucent, 2 minutes. Add the garlic and continue cooking for 1 minute longer, then add the chopped zucchini.

Season the mixture with salt and pepper and sauté until the zucchini is pale golden in color, 3 to 4 minutes longer. Add the breadcrumbs, combine well and cook for 1 additional minute, then remove from the heat.

Divide the sautéed zucchini between the hollowed "boats," then top with mozzarella cheese.

Bake for 8 to 10 minutes, or until the zucchini boats are tender when pierced with a sharp knife and the cheese is bubbly and browned.

Makes 4 servings