

KITCHEN AFFAIRS

for the serious cook

WOODLAND CENTER
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STUFFED ZUCCHINI

(Serves 4)

2 medium to large zucchini, about 2½ inches in diameter by 7 to 8 inches long
1 pound ground sausage, any you like, with casing removed and crumbled
8 slices Provolone, Mozzarella, Fontina or Manchego cheese

OPTIONAL: your favorite tomato or marinara sauce

Clean the zucchini and cut them in half lengthwise. Using a melon baller, a zucchini corer or a grapefruit spoon, remove the seeds from each half, leaving the outside flesh intact. Stuff the cavity with the sausage (or sausage and onion, or sausage and rice, or a mixed vegetable medley). If you wish, you can chop the zucchini flesh you removed and add this back to the sausage stuffing.

Bake in a preheated 375°F. oven until the meat is colored and the zucchini flesh starts to soften. Lay the slices of cheese over the top, and return to the oven or place under a broiler until the cheese is hot and bubbly. Remove and serve at once. If you wish, serve with the red sauce.