

MEATBALL STUFFED ZUCCHINI BOATS

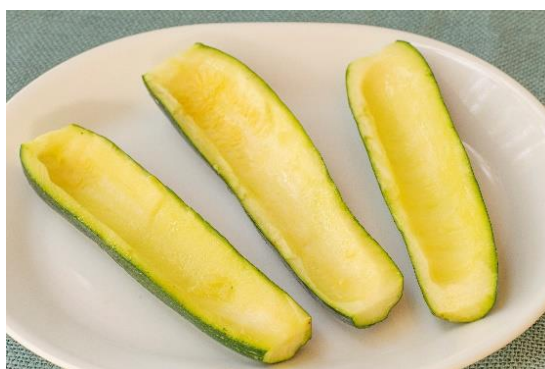


INGREDIENTS:

- 3 zucchini
- 2 – 3 cups marinara sauce (You can use homemade.)
- 26 (oz) frozen Italian style meatballs) You can also make your own. You'll need about 18 – 24
- 1 1/2 cups shredded mozzarella cheese divided., Optional:
- Crushed red pepper
- Grated parmesan cheese
- Oregano

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Trim the ends of the zucchini and cut them in half (lengthwise).
3. Using a metal spoon, scoop out the inside of the zucchini, and create a bowl. Be careful not to dig too deep. You don't want to create a hole for the sauce to drain out of. Discard the zucchini you scooped out.



4. Spoon a small amount of sauce to cover the bottom of a 9" x 13" baking dish.
5. Place the zucchini (cut side up) into the dish.
6. Spoon half the marinara sauce into the scooped-out zucchini halves.
7. Stuff the zucchini halves with the meatballs. (A medium sized zucchini half will hold about three meatballs.)
8. Cover the meatballs with the rest of the marinara sauce.
9. Tightly cover the dish with aluminum foil and bake for an hour. Poke the zucchini with a fork to see if they're finished cooking. They should be slightly tender. Be careful not to overcook them or they'll become too soft.
10. Once the zucchini is cooked, remove the cover and top them with the mozzarella cheese. Return the pan to the oven (uncovered) and bake for 5 – 10 more minutes. You want the cheese to be melted and the sauce so be slightly bubbling.
11. Optional: sprinkle with toppings like grated parmesan cheese, oregano or crushed red pepper.
12. Allow the zucchini to cool for about 5 minutes and serve.