



"The Local Buy" Recipe, Episode 403

Zucchini Boats

Courtesy of Emily's Produce

Ingredients

- 6 medium zucchini
- 1 tablespoon olive oil
- 1 pound lean ground beef
- 2 garlic cloves minced
- 1 teaspoon oregano
- 1 teaspoon basil
- ½ teaspoon crushed red pepper
- 1 cup diced tomatoes
- ½ cup diced red onion
- ¼ cup parmesan cheese
- Salt and pepper



Directions

Preheat oven to 400 degrees.

Heat olive oil over medium heat. Add the ground beef, garlic, and onion. Cook until beef is fully browned, about 6 to 8 minutes. Season with salt and pepper.

Stir in the oregano, basil, crushed peppers, and tomatoes.

Meanwhile, cut the zucchini in half and scoop out some of the center with a spoon or melon baller to create the "boat". Place in a baking dish sprayed with cooking spray. Drizzle the boats with olive oil and sprinkle with salt and pepper.

Fill the boats with the ground beef mixture. Top each with parmesan cheese.

Bake 12 to 16 minutes or until zucchini is tender.