

Baked Southwest Zucchini Boats

Whether you live in the Southwest of the Southeast, this simply and delicious recipe is a great way to use all that fresh zucchini we all have now. If you don't have and need some, Ungers has lots! Pop by and grab a few to make this hearty and healthy family dinner! We served this with a side of Greek Salad :) Hope you enjoy!

INGREDIENTS:

FOR THE ZUCCHINI BOATS

- 5 large Zucchini, washed, dried, cut in half and cored
- Salt & Fresh Ground Black Pepper
- Olive Oil (we use *Prairie Oils & Vinegars*)
- ¾ cup Parmesan Cheese

FOR THE STUFFING

- 1 lb Ground Meat - in this recipe we used Ground Chicken & Ground Italian Sausage from *Unger Meats* (choose any meat you prefer. Ground Beef, Pork, Chicken, Sausage, Turkey, etc.)
- 1 small Onion, diced
- 1 clove minced Garlic
- 1 medium Tomato, diced
- 1 tsp Black Pepper
- 1 tsp Garlic Powder
- ½ tsp Red Pepper Flakes
- 1 tsp Italian Seasoning
- ½ tsp Smoked Paprika
- ½ tsp Salt
- Fresh Ground Black Pepper to taste
- ¾ cup Corn Kernels
- ¾ cup Black Beans
- 1 - 14 oz can Stewed Seasoned Tomatoes chunks (with the juices)
- 1 cup Shredded Mexican Cheese (or cheddar or whatever you have)

DIRECTIONS:

1. Pre-heat oven to 400 degrees
2. Cut and core the zucchinis so you are left with a "boat". Not too much as you still need the boat to be strong and hold the stuffing :)
3. Place the Zucchini on a baking dish, drizzle with olive oil, add some salt and pepper. Bake in oven for 15 mins.
4. Meanwhile, in a large skillet, bring 1 tbsp olive oil to medium-high heat. Add the onions and garlic and cook until they are tender. Add the ground meat, spices and salt. Cook for a couple minutes.
5. Add the black beans, corn, diced tomatoes, canned tomatoes. Mix and simmer on medium-low heat for about 5 mins. Remove from heat and set aside.
6. Remove the Zucchini from the oven and sprinkle with Parmesan Cheese.
7. Next generously stuff the the Zucchini Boats with the stuffing mixture. Top them with some shredded cheese and return to oven to bake for another 10 mins.
8. Remove from the oven and garnish with fresh parsley or cilantro if you wish. Rest for a few minutes before serving.

Hope this FLOATS your BOAT :) ENJOY!

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