

## The Farm at St. Joe's

### Stuffed Zucchini Boats

#### Ingredients

- 1 ¼ cups marinara sauce
- 4 (31 oz total) medium zucchini
- 1 teaspoon oil
- ½ small onion, finely diced
- 3 cloves garlic, crushed
- ½ cup diced red bell pepper
- 14 oz Italian sausage, removed from casing
- ½ cup part skim shredded mozzarella
- 1 teaspoon grated Parmesan cheese



#### Directions

- 1) In a Bring a large pot of water to boil.
- 2) Preheat oven to 400°F. Cut zucchini in half lengthwise and using a spoon or melon baller, scoop out flesh, leaving ¼ " thick. Chop the scooped out flesh of the zucchini in small pieces and set aside.
- 3) Drop zucchini halves in boiling water and cook 1 minute. Remove from water.
- 4) Place ¼ cup of sauce in the bottom of a 9 x 12" baking dish, and place zucchini halves cut side up.
- 5) In a large sauté pan, brown sausage, breaking up as it cooks into smaller pieces until browned; set aside. Heat oil and add onion, garlic and bell pepper. Cook on a medium-low heat for about 2-3 minutes, until onions are translucent. Add chopped zucchini, season with salt and pepper and cook

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit [stjoeshealth.org/classes](http://stjoeshealth.org/classes).

Check out our blog for updates and market times at [stjoefarm.org](http://stjoefarm.org)