

Stuffed Zucchini with Tomato Marinara

Marinara Sauce

Ingredients

- 1/2 onion, small dice
- 1 can tomato sauce
- 2 cups diced tomatoes, canned or fresh
- 1 tbs. fresh oregano
- 1 tsp. garlic powder (or two cloves pressed fresh garlic)
- salt and pepper to taste

Directions

In saucepan, add onion and sauté until lightly brown. Add tomato sauce, diced tomatoes and herbs/spices. Cover and simmer for 10 to 15 minutes.

Zucchini and Filling

Ingredients

- 1/2 onion, small dice
- 1lb. ground turkey (or beef)
- 1 carrot, small dice
- 2 ribs celery, small dice
- 2 mushrooms, small dice
- 1 tbs. fresh oregano
- 1 tbs. dry oregano
- 2 tsp. garlic powder (or 3 cloves pressed fresh garlic)
- Salt and pepper to taste
- 2 large zucchini

In skillet, add onion and sauté until lightly brown. Add ground turkey, diced vegetables, herbs and spices.

Cut zucchini in half, cut a small slice off the bottom so the zucchini doesn't roll. Scoop out middle of zucchini, place in Pyrex baking pan. Fill zucchini with turkey filling. Top with marinara, then pour remaining marinara over zucchini. Bake for 20-25 minutes in oven preheated to 350°. Top with parmesan cheese. YUM!!