

Zucchini Boats

Ingredients

- 1 extra large zucchini
- 1 tablespoon extra virgin olive oil
- Sea salt and pepper to taste
- ½ cup diced walnuts
- ½ cup diced mushrooms
- ½ cup shredded or grated pecorino romano (or parmesan) cheese
- 1 cup marinara sauce
- 8 oz mozzarella

Instructions

1. Slice the zucchini lengthwise and scoop out the flesh.
2. Place two halves in baking pan with a bit of water on bottom. Cover with foil, and bake at 400 degrees till soft but not falling apart. 20-25 minutes, depending on the size.
3. Heat the olive oil in a sauté pan on medium high heat. Add flesh and cook until mushy. Add the mushrooms and saute till soft.
4. Put flesh and mushroom mixture into bowl. Add in shredded romano and walnuts and mix well.
5. Remove zucchini boats from oven. Carefully stuff each boat with filling, spoon marinara over stuffing, and then spread sliced mozzarella over top of each.
6. Return to oven and bake for about 20 minutes, till stuffing is hot and cheese is melted.
7. Serve immediately.

Mary-Beth says: *“Consider this a guide vs a strict recipe. The quantities and choice of ingredients are totally customizable, and will give you the opportunity for extreme creativity with your boats!”*