

Meatless Stuffed Zucchini

Ingredients

- 2 medium or 1 large zucchini
- Olive Oil
- ½ c chopped mixed peppers- fresh or frozen (green is fine too)
- 1 small onion- diced
- 1-3 heaping tbsls garlic- minced
- 1/8 tsp crushed red pepper
- Sea salt and black pepper to taste
- ¼ c parmesan cheese (shaker kind is fine)
- 1 tbsp parsley
- 1 egg, beaten
- 2-4 tbsp breadcrumbs, plain
- 2 cups brown rice (cooked)
- Pasta sauce
- Mozzarella cheese

Directions

1. Slice zucchini(s) in half horizontally and run a knife around the inside edge of each half, about ¼-inch from the skin, to loosen the pulp
2. Scoop out the pulp with a spoon, leaving the zucchini shells
3. Chop the pulp
4. Heat a bit of oil in a skillet over medium-high heat
5. Add the zucchini pulp, diced peppers, onion, and a pinch of salt to the skillet, and sauté until tender, drain liquid
6. Add the garlic and sauté for about 1 minute, stirring frequently
7. Remove from heat and allow to cool a bit
8. In a bowl, mix beaten egg, crushed red pepper, salt and pepper to taste, bread crumbs, parsley, and cheese
9. Add the cooled pulp mixture and rice (cooked), mix thoroughly
10. Place the zucchini shells in a lightly greased lasagna pan or casserole dish
11. Fill each half evenly with the mixture

12. You can now place in refrigerator and do the rest later or next day, if needed

13. Top with jar or so of pasta sauce and mozzarella cheese to taste

14. Heat oven to 400°F (if coming out of fridge place dish in oven during preheat- set timer when it comes to temp)
15. Bake for approximately 30- 45 minutes, serve hot and bubbly