

# ITALIAN SAUSAGE STUFFED ZUCCHINI

Preparation: **35** minutes | Cooking: **20** minutes | Servings: **6**

## INGREDIENTS

6 medium zucchinis  
2 medium tomatoes, seeded and chopped  
1 pound italian turkey sausage links, casings removed  
1 cup panko bread crumbs  
 $\frac{3}{4}$  cup shredded part-skim mozzarella  
 $\frac{1}{3}$  cup grated parmesan  
 $\frac{1}{3}$  cup minced fresh parsley  
2 teaspoons dried oregano  
2 teaspoons dried basil  
 $\frac{1}{4}$  teaspoon pepper  
Additional minced fresh parsley, optional



## INSTRUCTIONS

Preheat oven to 350 degrees. Cut each zucchini lengthwise in half. Scoop out pulp, leaving a 1/4-inch shell; chop pulp. Place zucchini shells in a large microwave-safe dish. In batches, microwave, covered, on high 2-3 minutes or until crisp-tender. In a large skillet, cook sausage and zucchini pulp over medium heat 6-8 minutes or until sausage is no longer pink, breaking sausage into crumbles; drain. Stir in tomatoes, bread crumbs, Parmesan cheese, herbs and pepper. Spoon into zucchini shells. Place in 2 ungreased 13x9-in. baking dishes. Bake, covered, 15-20 minutes or until zucchini is tender. Sprinkle with mozzarella cheese. Bake, uncovered, 5-8 minutes longer or until cheese is melted. If desired, sprinkle with additional minced parsley.