

# STUFFED ZUCCHINI

Prep Time: 20 minutes | Total Time **40** minutes | Servings: **2**

## INGREDIENTS

*One 1-pound mild or spicy Italian sausage*  
*2 cups marinara sauce*  
*1 cup shredded mozzarella cheese*  
*1/2 cup grated Parmesan cheese, divided*  
*1/2 cup panko breadcrumbs*  
*3 tablespoons olive oil, divided*  
*2 tablespoons chopped fresh basil, plus more for serving*  
*1 teaspoon chopped fresh oregano, plus more for serving*  
*1/2 teaspoon kosher salt*  
*6 medium zucchini (about 3 pounds)*  
*2 cloves garlic, minced*  
*1 small red bell pepper, divided*  
*1/4 teaspoon crushed red pepper flakes*



## INSTRUCTIONS

Preheat the oven to 425 degrees. Halve the zucchini lengthwise. Use a spoon to scoop out the interior of the zucchini (reserving the flesh), leaving about 1/4-inch-thick border around the edges. Arrange the zucchini boats on a parchment-lined, rimmed baking sheet. Chop the reserved zucchini flesh and set aside. Heat 2 tablespoons of the oil in a large skillet over medium-high heat. Add the sausage and cook, stirring to break up the sausage, until browned and crumbly, about 6 minutes. Add the chopped zucchini flesh, red bell pepper, garlic, red pepper flakes and salt. Cook until the vegetables have softened, about 5 minutes. Remove the skillet from the heat. Stir in the oregano, basil and marinara. Let cool 5 minutes. Stir in the mozzarella and 1/4 cup of Parmesan. Divide the filling mixture evenly among the zucchini shells. Stir together the panko breadcrumbs, remaining 1/4 cup Parmesan and remaining 1 tablespoon olive oil in a small bowl. Sprinkle evenly on top of each stuffed zucchini. Bake on the middle rack of the oven until the breadcrumbs are golden brown, cheese is melted and zucchini is tender, about 20 minutes. Serve with additional chopped fresh herbs.