



Turkey Stuffed Zucchini

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| 1 12-in. or 6 med. sized zucchini | 1 tsp. fresh rosemary, chopped |
| 3 Tbsp. olive oil | 3/4 cup Parmesan cheese, grated |
| 1/2 cup onion, chopped | 1 egg lightly beaten |
| 3 cloves garlic, minced | 2 tsp. salt |
| 1/2 cup mushrooms, chopped | 2 tsp. pepper (or to taste) |
| 1 lb. ground turkey | 2 Tbsp. chicken broth, white wine
or apple cider vinegar |
| 2 tomatoes, diced | |
| 3 Tbsp. fresh basil, chopped | |

Cut zucchini in half lengthwise. Scoop out insides, leaving shells about 1/4 inch thick. Reserve about half of the insides.

Heat 2 Tbsp olive oil in skillet on med high. Sauté onion and garlic until soft. Add mushrooms and reserved zucchini insides, sauté another 2 minutes.

In separate skillet heat 1 Tbsp of olive oil on med high. Add ground turkey, cook until lightly brown stirring only occasionally (about 6 mins). Stir in the onion and mushroom mixture. Add the broth or vinegar. Stir in tomato, basil and rosemary, cook 1 minute longer. Drain excess fat. Remove from heat and set aside. When mixture has cooled, add cheese, egg, salt and pepper. Fill zucchini shells with mixture.

Fill a baking pan with 1/4 inch of water. Place filled zucchini halves in pan and bake at 375 degrees for 40 minutes, until golden brown. Remove zucchini from pan and serve while hot.