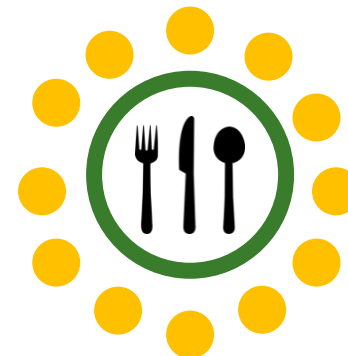


recipe of the week:

Lasagna Stuffed Zucchini



ingredients:

directions:

4 large zucchini, halved lengthwise

1. Preheat oven to 350 degrees F. Score zucchini (like you're dicing an avocado) and scoop out insides into a large bowl.

1/2 onion, diced

2. In a large skillet over medium-high heat, heat oil. Add onion and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute. Add ground beef and cook until no longer pink, 6 minutes more, then add marinara and stir until combined. Add crushed red pepper flakes.

2 cloves garlic, minced

3. Stuff zucchini: Spread ricotta on bottom of each zucchini boat and season with salt and pepper. Spoon sauce over ricotta layer and sprinkle with mozzarella.

1/2 lb. ground beef or turkey

4. Bake until zucchini is tender and cheese golden, 15 minutes.

1 cup jarred marinara

5. Garnish with parsley and serve.

Pinch of crushed red pepper flakes

1 cup ricotta

Kosher salt

Freshly ground black pepper

1 cup shredded mozzarella

Chopped fresh parsley

Presented by:

