

Our State eats

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Sausage-Stuffed Zucchini Boats

Yield: 4 servings.

- 4 zucchini (approximately 12 ounces each)**
- 2 tablespoons canola oil**
- 1 pound hot ground sausage, cooked and drained**
- 3 green onions, sliced**
- 2 cups sharp Cheddar cheese, shredded and divided**
- ½ cup corn**
- ½ teaspoon garlic powder**
- ½ cup ranch dressing**
- ¼ cup fresh parsley, chopped**

Preheat oven to 375°. Cut zucchini in half lengthwise. Using a melon baller or a teaspoon, scoop out zucchini flesh, leaving ½-inch of shells intact. Coarsely chop 1 cup of zucchini flesh and set aside; reserve remaining flesh for another use.

Place zucchini shells on baking sheet and brush insides with canola oil. Sprinkle each shell with salt. Bake zucchini for 8 to 10 minutes. Reduce temperature to 350°.

In a mixing bowl, combine zucchini flesh, sausage, green onions, 1½ cups cheese, corn, garlic powder, ranch dressing, and parsley. Mix well. Spoon mixture into each zucchini shell.

Place stuffed zucchini on a baking sheet and bake for 15 minutes. Sprinkle remaining shredded cheese on top and continue baking until cheese melts and zucchini is tender, about 10 minutes.



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