

Easy Meatless Zucchini Boats

Zucchini boats are easy and delicious and best of all, you can mix up most anything to create the stuffing, on the spot or the night before for an easy weeknight dinner! This recipe calls for breadcrumbs & an egg to help hold it all together, but you can omit them if desired (your filling just might be a little messy).

INGREDIENTS & DIRECTIONS

4 small zucchini, 5 to 6-inches long, 1½ inches thick
2 tablespoons extra-virgin olive oil
12 mushrooms, chopped
1 bunch of kale, cut into ½ inch ribbons
1 small to medium yellow onion, chopped
3 to 4 cloves garlic, grated or chopped
Salt and freshly ground black pepper
2 ripe tomatoes, chopped (use fresh canned if not in season)
¾ cup grated Parmigiano-Reggiano
1 egg, beaten
2 slices white toasting bread
Softened butter
A small handful flat-leaf parsley
A few sprigs fresh tarragon or a small handful of basil leaves

It's easy to simply add meat to this recipe by using ground beef or ground turkey - and you can do it for even just a few servings! In the market field, go to Ekonk Hill Turkey Farm for ground turkey, New Boston Beef for ground beef, or Proctor Hall Farm for pork. Just be sure to thoroughly cook the meat in the frying pan.

If you're going veggie for this, add protein though some of the excellent meat substitutes - and don't forget that beans work well as a meatless source of protein too!



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Heat the oven to 425° degrees.

Halve 4 of the small zucchini lengthwise and scoop out the seeds and soft center flesh with a spoon to produce a set of shallow shells to hold the stuffing. Reserve the center flesh. Arrange the small hulls in a baking dish. Drizzle with a little extra-virgin olive oil and season with salt and pepper, to taste. Chop the reserved zucchini flesh and set aside.

Heat the remaining extra-virgin olive oil in a skillet over medium-high heat and saute the mushrooms, kale, onions, and garlic for 5 minutes. Add in the reserved zucchini and tomatoes, season with salt and pepper, to taste and heat through for 1 minute, then remove from the heat.

While the veggies cook, toast the bread in a toaster, then spread liberally with butter and tear into pieces. Add the bread to a food processor along with the parsley and tarragon or basil, and pulse into herb crumbs.

Fold the herb crumbs into the veggies along with 1/2 cup Parmesan and the egg. Mound the zucchini stuffing in to the shells and roast for 15 minutes. Remove from the oven, sprinkle the tops with remaining cheese and broil for 2 to 3 minutes to brown.

Market Shopping List

Recipe via Food Network

- Basil (late June-late Sept) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview
- Bread (June-Oct) - Regular bread from Hartford Baking, Soleil & Suns and gluten free bread from Shayna B's
- Crushed Tomatoes (when tomatoes aren't in season yet) - For a limited time from Oxen Hill Farm
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Grated Cheese (June-Oct) - DiFiore Ravioli Shop
- Kale - 18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organics, Easy Pickin', Riverview, Wayne's Organic
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Onion - June onions from Apis Verdi, Blueberry Hill Organics, then July-Oct from 18th C. Purity, Apis Verdi, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Parsley (June-Oct) - In June from Blueberry Hill Organics, then Apis Verdi, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Mushrooms (June-Oct) - N.E. Green Mushrooms, Seacoast Mushrooms

Salt, pepper - **Highland Park Market of Coventry** - **Bring this card to the Coventry store for a FREE Morton Iodized Salt (26oz)**
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