

Zucchini Boats

2 servings

50 minutes

Ingredients

1 zucchini

2 tsp light olive oil

1/3 cup onion, chopped

1/3 cup Parmesan Cheese, grated

Black pepper to taste

Directions

Heat oven to 325 degrees F.

Boil water in a 3 qt pan. Cut ends from zucchini and slice in half lengthwise. Blanch zucchini in boiling water for about 45 seconds to a minute. Remove and let cool. Meanwhile sauté the onion in olive oil.

Scoop out the center of the zucchini, so that the squash resembles a primitive canoe, making sure to leave enough of the squash on the sides and ends so it can hold the filling. Chop the center squash that was removed and add it to the onions in the pan. When onions are tender remove pan from heat, add half the parmesan cheese and pepper to taste.

Scoop the onion and cheese mixture into the zucchini shells and top with remaining Parmesan Cheese. Place zucchini filled side up in a baking dish and cook for 25 minutes or until cheese is melted and they are browned on top. You may need to broil them for a minute or two to get the top browned.