



Baked Stuffed Zucchini

Ingredients:

- 4 zucchini, ½ lb. each
- 2 T. margarine
- 2 scallions, chopped
- ½ lb. Mushrooms, chopped
- ½ c. walnuts, chopped
- 1 c. soft bread crumbs
- 4 eggs
- 2 T. fresh parsley, minced
- 1 T. fresh basil, chopped
- ½ c. grated Parmesan cheese
- salt and pepper to taste

Method:

Scrub zucchini and cut in half lengthwise. Scoop out and reserve pulp, leaving shells ¼ inch thick.

Drop shells into boiling water and boil for 5 minutes.

Chop pulp and sauté in margarine. Add scallion (or green onions) and mushrooms; sauté 3 minutes longer. Add nuts and remove from heat.

Beat eggs with parsley, basil, salt and pepper to taste.

Add egg mixture and fresh breadcrumbs to pulp mixture.

Spoon into zucchini shells, which have been drained.

Top with grated cheese.

Use your choice of cheese; Parmesan is only one suggestion.

Place into a greased baking dish.

Add ½ inch of water and bake, uncovered, in preheated 350° degrees oven for about 30 minutes.

Let stand 5 minutes, then serve.

Serves 4

From Carpinito Brothers Farm, Kent, WA