



Cooking in the Kitchen at Olums

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*Delicious Recipes
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Stuffed Italian Zucchini

Serves 4

Ingredients:

- 4 medium zucchini
- 1 cup chopped sweet onion (1 small onion)
- 13 ounces vegan sausage crumbles or 1 pound of Italian Sausage*
- 1 teaspoon garlic powder
- 1 cup pasta sauce
- 1 cup shredded mozzarella

**If using Italian Sausage, buy crumbled sausage or remove sausage from the casing and just use the crumbles*

Directions:

1. Preheat the oven to 400° F and prepare a 9" x 13" baking dish with non-stick cooking spray.
2. Slice each zucchini in half lengthwise, then using a spoon scoop out the center of the zucchini, reserve the scooped part of the vegetable. Leave about ¼-inch in thickness, this will form a zucchini 'boat'.
3. Chop the reserved zucchini into bite-size pieces.
4. In a skillet combine the onion, garlic powder, and sausage crumbles; cook until the sausage is cooked throughout and the onions are tender. Then add the chopped zucchini and pasta sauce. Cook for 3 – 5 minutes to heat the pasta sauce.
5. Fill each zucchini with the sausage mixture and then top each with shredded mozzarella cheese.
6. Bake for 30 – 35 minutes at 400° F.

Each serving has only 13 grams of carbs and 15 grams of protein each!