

Stuffed Zucchini

From – *SkinnyTown USA*

3 zucchinis
½ onion, chopped fine
1 Tbsp butter
5 - 6 slices crispy cooked bacon, chopped
1 Tbsp sour cream
¼ to ½ tsp salt
¼ tsp curry powder
1 tomato, seeded and chopped
1 tsp fresh thyme leaves
Freshly grated Parmesan cheese
Fresh cracked black pepper

- Slice zucchini in half lengthwise. Leave the ends on to keep the filling in. Scoop out the flesh. Leave a ledge of zucchini around the edges.
- Arrange the zucchini boats in a baking dish.
- Chop the scooped out zucchini flesh as small as you like.
- Cook the butter, onion and curry powder until desired doneness and remove from heat.
- Mix together onion, bacon, zucchini flesh, sour cream, thyme, tomato and salt.
- Fill zucchini shells with mixture.
- Top with grated Parmesan and black pepper.
- Bake uncovered at 375F for 30 minutes.



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