

Recipe for: Stuffed Zucchini

By: Ginger Davis, Astoria Sunday Market vendor)

Ingredients

3 cups pasta shells or bowtie pasta
3-4 lbs zucchini
1 onion chopped
1 green or red pepper (or both)
chopped
2 cloves garlic crushed
3 tbsp oil (I use olive oil)
4 large tomatoes chopped or 1 can
zesty tomatoes
salt and pepper
grated cheese

Directions

Preheat oven to 375F.

Boil pasta slightly overcooking so it is soft. Drain

Cut zucchini in half lengthwise, scoop out the seeds and discard. Cut out most of the zucchini flesh and chop roughly, leaving a good shell to stuff.

Gently fry onion, pepper, garlic in oil for 5 minutes, add zucchini flesh and tomatoes. Cover and cook for 10-12 minutes until vegetables are soft.

Add to the pasta, stir well and set aside.

Meanwhile, place the zucchini halves in a roasting pan then pour a little water in the pan but not in zucchini. Cover with foil and bake for 15 minutes.

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Recipe continued

Remove foil, discard the water and fill shells with vegetable mixture. Recover with foil and return to the oven for 20-25 minutes.

Serve topped with grated cheese.

You can also add ground meat to the vegetable mixture while you are frying it. Otherwise it makes a great vegetarian dish.

