

8. SPINACH STUFFED ZUCCHINI

Submitted by:
Sara



Total Time:

25 min

Ingredients

- 1 large zucchini
- 2 lbs spinach (or swiss chard, or beet tops)
- 1/2 cup shredded cheddar cheese, or more if you are so inclined
- 1/2 cup breadcrumbs
- Salt, pepper, italian seasoning or other herbs to taste

Instructions

- Slice zucchini lengthwise and steam until fork tender, about 5-10 minutes. Remove and let cool.
- Steam or boil spinach, drain making sure water is squeezed out
- Add cheese and half of the breadcrumbs to spinach mixture, season and mix.
- Scrape the center of zucchini out and add to the spinach mixture, mix, adding breadcrumbs if needed. The mixture should be moist enough to stick together but not wet
- Stuff the zucchini halves with spinach mixture.
- Add back to the pan and on low heat cook until cheese has melted, 3-5 minutes.

Notes

This is a dish we make all the time at home. Cheesy spinach is always good and can be it's own side or used to stuff zucchini, peppers, or even squash. I like to use italian flavored breadcrumbs as a shortcut to add flavor.

