

Stuffed Zucchini

Peru Blue
Peru Central School; Middle School Division



2013

Ingredients:

4	Zucchini, Medium
1 cup	Garbanzo Beans, Canned**
1 cup	Tomatoes, Canned, Diced, No Salt Added**
2 cloves	Garlic*
1 1/3 cup	Seasoned Bread Crumbs
1 1/3 cup	Milk, skim
1/4 tsp	Dill Weed
2 cups	Spaghetti Sauce
1 cup	Cheddar Cheese, Light, Shredded
1 med	Onion*
3 Tbsp.	Olive Oil

Directions:

Drain, rinse canned garbanzo beans.
Cut zucchinis in half lengthwise.
Scoop out pulp leaving a 1/4" shell.
Chop pulp, set pulp and shell aside.
In skillet, brown tomatoes, onion, garlic and drain.
Add beans, bread crumbs, milk, dill, and pulp to skillet.
Spoon ingredients into shells.
Place on greased baking pans.
Top with cheese and sauce.
Bake at 350 degrees for 30 minutes.

*Local Product

** Commodity (USDA) Product