

Stuffed Zucchini with Ham and Mushrooms

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4 medium zucchini
4 Tbsp butter, divided
1 medium onion, chopped
10 oz fresh mushrooms, sliced
½ cup finely chopped ham
2 tsp finely chopped parsley
½ tsp Worcestershire sauce
salt, pepper and cayenne to taste
1/3 cup bread crumbs
1/3 cup grated Gruyere or Parmesan cheese

- Preheat oven to 350 degrees
- Wash and scrub the zucchini.
- Split each in half lengthwise. Scoop out the seeds and pulp, leaving shells about 1/3” to 1/2” thick.
- Steam the zucchini halves until almost tender, about 8 to 12 minutes, depending on the size of the zucchini.
- While the zucchini is steaming, melt 3 Tbsp of butter in a large saute` pan, add the chopped onions and sliced mushrooms, saute` until soft.
- Stir in the ham, parsley, and Worcestershire sauce.
- Season to taste with salt, pepper and cayenne.
- Pile the stuffing into well-drained zucchini shells.
- Mix the bread crumbs and grated cheese together and sprinkle over the stuffed zucchini.
- Melt 1 Tbsp butter and drip over the bread crumbs.
- Place the zucchini boats in a greased baking pan.
- Bake until toasted on top and heated through, 20 to 30 minutes.



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