

## INGREDIENTS

2 cloves garlic, crushed  
1 onion, chopped  
1 kg sausage of choice, casing removed  
2-4 zucchini, halved and scooped in the middle  
1 can diced tomatoes  
1 red pepper, chopped  
1 bag spinach leaves  
1 tbs Italian seasoning  
Salt and pepper to taste  
1 tsp olive oil  
4 oz grated Parmigiano



## PREPARATION

Chop the vegetables and in a frying pan sweat the onions in olive oil for 5 minutes.  
Add sausage meat and break apart until it is incorporated with the onions and the meat is fine.  
Add the bell peppers and the spinach leaves and incorporate thoroughly. Cook for 10 minutes.  
Add spices and half the can of tomatoes and stir.  
Place halved zucchinis on a baking sheet and fill with the meat mixture.  
Spoon the rest of the tomatoes on top and sprinkle with cheese.  
Bake at 350 convection setting for 25 to 45 minutes, depending on the size of the zucchini.  
Serve with a mixed green salad.