



# Maple Sausage Stuffed Zucchini

## Ingredients:

3 med zucchini  
1/2 lb maple sausage  
1/2 onion, chopped  
1 c pork panko  
1 c sharp cheddar sheese  
2 eggs  
1 t salt  
1 T garlic powder  
1 T onion powder

Macros Per 1/4 zucchini:

Calories: 156  
Fat: 11g  
Carbs: 2.5g  
Protein: 13g

## Directions:

Slice zucchini lengthwise, then crosswise, creating 4 pieces out of 1 zucchini.

Put large pot with tepid or warm water and bring to a boil until zucchini is just tender.

Scoop out zucchini pulp, and put in separate bowl, leaving about a 1/4" of rind. Place the scooped out zucchini on a cookie sheet lined with parchment paper.

In a food processor, mix all ingredients including the scooped out zucchini pulp and process until just mixed.

Fill the scooped out zucchini with the mixture. Don't worry if it seems too runny, it will bake perfectly!

Bake at 350\*f for 30 minutes, or until top is crispy and sausage is cooked.

This can also be vegetarian, or used as a side dish by just leaving out the sausage! Use 2 c of cheese instead of one, and it will be delicious!