

Stuffed Round Zapallito- Zucchini- Zappy

Ingredients

- 1 medium zapallito (round green zucchini- looks like green pumpkin)
- Olive Oil
- ½ c chopped mixed peppers- fresh or frozen (green is fine too)
- 1 small onion- diced
- 1-3 heaping tbsls garlic- minced
- 1/8 tsp crushed red pepper
- Sea salt and black pepper to taste
- ¼ c parmesan cheese (shaker kind is fine)
- 1 tbsp parsley
- 1 egg, beaten
- 2-4 tbsp breadcrumbs, plain

Directions

1. Bring a large pot filled with salted water to a boil
2. Place the zapallito in water and cook until tender but still firm, about 12-14 minutes
3. Transfer the zapallito to a plate or cooling rack if you have one, and allow to cool enough to touch
4. Slice in half horizontally and run a knife around the inside edge of each half, about ¼-inch from the skin, to loosen the pulp
5. Scoop out the pulp with a spoon, leaving the zapallito shells
6. Chop the pulp and drain the liquid; leave pulp sitting in a colander to drain, and save for later
7. After hollowed out, place the shells upside-down on the plate or cooling rack with a towel underneath so that the excess liquid can drain
8. Heat a bit of oil in a skillet over medium-high heat
9. Add the diced peppers, onion, and a pinch of salt to the skillet, and sauté until tender and lightly browned
10. Add the garlic and sauté for about 1 minute, stirring frequently
11. Add the reserved pulp, and sauté for about 2-3 minutes
12. Remove from heat and allow to cool a bit
13. In a bowl, mix beaten egg, crushed red pepper, salt and pepper to taste, bread crumbs, parsley, and cheese
14. Add the cooled pulp mixture, mix thoroughly
15. Place the zapallito shells on a lightly greased baking sheet or in a casserole dish
16. Fill each half evenly with the mixture
17. You can now place in refrigerator and do the rest later or next day, if needed
18. Heat oven to 400°F (if coming out of fridge place dish in oven during preheat- set timer when it comes to temp)
19. Bake for approximately 20-24 minutes, serve hot and bubbly