

### ***MEDITERRANEAN-STYLE ZUCCHINI BOATS***

*(from the Bewitching Kitchen, inspired by several sources)*

3 large zucchini (yes, LARGE)  
3 fresh sausage links of your choice (I used chicken/apple)  
2 tablespoons olive oil  
1 shallot, minced  
sundried tomatoes packed in oil, drained, to taste (probably 1/3 cup or so)  
kalamata olives, pitted, coarsely chopped, to taste (another 1/3 cup or so)  
1 to 2 tablespoons capers  
fresh basil, minced  
salt and pepper  
1/2 cup almond flour  
1 egg"  
1/3 cup grated Parmigiano-Reggiano cheese, divided

Heat the oven to 375°F.

Slice the zucchini in half lengthwise. Scoop out the pulp, coarsely chop, and reserve. In a large skillet, heat the oil over medium-high heat. Add the shallot and the sausages (remove them from the casing, and crumble) and cook for 5 minutes, stirring and breaking it up into smaller pieces. Add the reserved chopped zucchini pulp and cook until the meat is cooked and the zucchini tender. Season with salt and pepper.

At this point, you have two options, keep it coarse the way it is, or run it briefly in a food processor. I decided to do this extra step because I wanted a smoother texture to fill the zucchini, but I admit it is a bit of a hassle. Skip this step if you are in a hurry, the dish will be a little more rustic, but nothing wrong with it.

Whatever you decide to do, stir in the mixture the egg, almond flour, sundried tomatoes, kalamata olives, basil and almost all the cheese. Reserve some to sprinkle on top. Spoon the stuffing into the zucchini boats and place in a suitable baking dish. Sprinkle with grated Parmigiano.

Cover tightly with foil and bake for 30 minutes. Uncover and bake for 10-15 more minutes, or until the top is golden brown.