

Zucchini boats...

PREP: 10 minutes Cook: 25 minutes

This is a great vegetarian meal that is cheap and healthy.

INGREDIENTS:

2-3 large Zucchini

Olive Oil

1 Onion, chopped

3 Tomatoes or 1 can Crushed Tomatoes

Salt and Pepper

1 teaspoon minced Garlic

2 cups of grated Tasty Cheese

Cut Zucchini in half lengthways and carve out middles to form a 'boat' with 4 sides.

Heat Olive Oil in a frypan and place the scooped out inside of zucchini into frying pan with the Onion and Garlic. Cook until light brown. Add Tomatoes and simmer for another 7-8 minutes.

Place boats onto an oven tray and fill with the tomato mixture. Season with Salt and Pepper then top with grated Cheese. Cook in a moderate oven for 25 minutes.

Serve with a garden salad.



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