



### **Zucchini Stuffed Tuna Boats**

*From Italy-this is what they do with zucchini and cooked fish*

- 3 slices wholesome bread
- 2 Tablespoons skim or unflavored almond milk
- 2 (9-inch-long) medium sized fresh zucchini
- 1/4 cup chopped onion
- 1 (2.6 ounce) packet wild tuna in EVO oil & sun-dried tomatoes
- 1-1/2 Tablespoons beaten egg
- 2 Tablespoons grated Parmigiano Reggiano cheese
- 1 Tablespoon drained capers
- 2 Tablespoons minced parsley
- Salt; ground black pepper to taste
- 1/2 Tablespoon grated Parmigiano Reggiano cheese
- Olive oil or spray oil as needed
- Garnish:** Parsley Sprigs as desired

Preheat oven to 325-degree F. Use foil lined greased baking pan.

**Soften Bread:** Cut; set aside crusts from bread, cut bread into cubes in small bowl; add milk; stir to combine with milk; set aside to soak.

**Make Zucchini Boats:** Cut a thin lengthwise slice from one side of each zucchini, leaving about 1-inch green peeling on the stem top and end of zucchini. Using a paring knife, small spoon, or scraper, remove the pulp from the inside of zucchini to a microwave safe bowl, leaving a boat-like hollow for the filling.

**Soften Zucchini:** Fine chop the removed zucchini top slice and any large zucchini pieces; place in microwave-safe bowl with zucchini pulp; cook covered in microwave at high power for 2 minutes. Remove from microwave; drain off liquid. When warm enough to handle, squeeze remaining liquid from zucchini with paper towels; place in medium-sized bowl; stir in onion and tuna. When cool, stir in 1-1/2 Tablespoons of egg.

**Prepare Zucchini Filling:** Add soaked bread, grated cheese, capers, parsley, salt, and ground pepper as desired. Stir to combine.

**Bake Zucchini Boats:** Fill tuna stuffing into zucchini “boats.” Place on lightly greased foil lined baking sheet. Lightly sprinkle remaining grated cheese over zucchini filling; lightly spray or drizzle with oil. Bake in preheated 325-degree F oven for about 40 minutes, lightly brown, and the zucchini should be tender.

**Prepare Croutons:** Meanwhile cut crusts into small croutons; drizzle with olive oil as desired; cook in skillet over medium heat until crisp and browned. Remove; if desired, crush croutons; set aside.

**To Serve:** Place zucchini on serving platter; garnish with parsley sprigs and if desired, serve with cubed or crushed croutons. Large zucchini can be cut in half for serving. Serve: 2 to 4

**Cook’s Note:** I used medium-sized zucchini since it was easier to remove the tender pulp inside.

**Recipe Inspired by** Cuciniamo; Italy - worldrecipes. expo2015

**About the Recipe:** The people in Italy like this tasty alternative to the classic filling made of meat or ricotta cheese. They usually have lots of fresh garden zucchini. We added the tuna filling and loved the addition of sun-dried tomatoes in the stuffing.