

Stuffed Zucchini with Meat Sauce

Kolokythia Chemistá

- 6 medium-size zucchini
(3 pounds total)
- 1 pound ground meat or
poultry of your choice
- 2 tablespoons butter
- 1 whole onion, chopped
- 2-3 tomatoes, peeled and
chopped, the juice saved, or
1 14-ounce can tomatoes
- 1 tablespoon dried thyme
- 1/2 cup snipped parsley
- 2-3 mint or basil leaves,
snipped
- Salt and pepper
- 2 additional tomatoes for
topping
- 4 ounces feta
- 1 cup bread crumbs
- 2 tablespoons melted butter,
for finish

This is a light version of the traditional moussaka casseroles. You can eat it in the summer and enjoy the freshness.

Serves 6

1. Preheat oven to 350°F.
2. Halve the zucchini lengthwise, scoop out the pulp, and save it. (When zucchini are young and small, the seeds have not developed, and that is the kind I prefer.) Blanch the halves in boiling water and, very carefully, with slotted spatulas, remove and place them snugly side by side in a 14 x 11 x 3-inch glass or CorningWare baking dish.
3. Brown the meat in the butter together with the onion. Add the tomato pulp, reserved zucchini pulp, thyme, parsley, and mint. Season with salt and pepper and let the sauce simmer until the liquid from the meat and tomatoes is absorbed.
4. Stuff the meat mixture into the zucchini halves, heaping them full. Cover with slices of fresh tomato. On top of the tomato you may place thin slices of feta and finish by sprinkling with bread crumbs. Drizzle melted butter on top and bake in preheated oven for 45 minutes.