

# FlexFusion Favorites: STUFFED ZUCCHINI



## A baked veggie delight!

Sauté and bake in the same equipment when using a combi to make this simple but delicious side.

## Chef's Hint



No zucchini? Use yellow squash for the boats, or cut crosswise for little appetizer cups.

## Ingredients

- 6 medium zucchini, halved lengthwise
- ¼ cup olive oil
- 1 medium onion, coarsely chopped
- 1 Tbsp kosher salt
- 1 tsp black pepper
- 1 medium yellow squash, coarsely chopped
- 8 oz Swiss cheese, shredded (about 1½ cups)
- 2 cups diced tomatoes
- 2 cloves garlic, chopped
- ¼ cup fresh parsley, finely chopped



## Method

1. Scoop out flesh of zucchini halves, leaving a thickness of approximately ¼ in (6 – 7 mm) to form "boats." Chop zucchini flesh and reserve.
2. In an enamel pan, toss onion, squash and reserved zucchini in oil, salt and pepper.
3. Set FlexFusion combi program for 356° F (180° C) Convection, 8 minutes, 30% humidity. Remove from heat and allow mixture to cool slightly. Fold in cheese, tomatoes and parsley.
4. Arrange zucchini boats, cut side up on bun pan or G/N pan. Fill with mixture.
5. Set combi program for 464° F (240° C) Convection, 12 minutes, 40% humidity, fan fast and normal. Load pan into combi and start program.
6. Bake until top is slightly browned, about 12 minutes. Serve immediately.

## Prepare In

FlexFusion Combi Oven  
Platinum Series  
Gold Series

