

Stuffed Zucchini

2	Zucchini, medium with skin (about 12 oz.)
2 tsp	Flour, all purpose
2	Mushrooms, diced
1/3 cup	Onion, diced
1 tsp	Garlic, diced
1/8 tsp	Pepper, black
1/2 cup	Milk, low fat, 1%
1/4 cup	<i>ReddiEgg</i> Real Egg Product
1/3 cup	Parmesan Cheese-Italian Style-Shredded



Cut zucchini in half lengthwise. Place in microwave safe square baking dish, cut side down. Cook in microwave on high for 3 minutes, or until nearly tender. Scoop out pulp, leaving a 1/4-inch thick shell. In a separate bowl, finely chop zucchini pulp, set aside. Spray medium saucepan with nonstick cooking spray. Cook onion, garlic and mushrooms until tender but not brown. Add chopped zucchini and cook one more minute. Stir in flour, pepper and seasonings. Add milk. Cook and stir until thickened and bubbly. Cook and stir for one more minute. Gradually add zucchini mixture to the Egg Product. Stir in cheese. Spoon mixture into shells. Place in a two-quart baking dish. Top with extra cheese, if desired. Bake, uncovered, in a 350 degree oven for 25 minutes or until lightly browned. Makes 4 servings. Calories = 84; Fat = 2.7 grams; Cholesterol = 1 milligram.