

THIS WEEK'S RECIPE

As seen on hdnews.net



Beef Stuffed Zucchini

- 4 zucchini, about 6-inches in length
- ½ pound extra lean ground beef
- 2 Tablespoons oatmeal
- ½ teaspoon onion powder
- ½ teaspoon season salt
- ½ cup chili sauce or ketchup
- 2 Tablespoons margarine cut in small pieces
- 1 cup buttered bread crumbs

- this mixture until hot.
- Stuff zucchini skins with ground beef mixture. Sprinkle with bread crumbs that have been combined with margarine. (Or, omit bread crumbs and add shredded cheese prior to serving.)
 - Put zucchini in baking dish and bake at 350 degrees for 30 minutes or until golden brown and zucchini skin is tender.

- Split zucchini lengthwise, scoop out centers and chop pulp finely.
- Brown ground beef and drain.
- Mix the ground beef with chopped zucchini, oatmeal, onion powder, salt and chili sauce or ketchup, continue cooking



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Zucchini	Produce
Ground Beef	Meat
Oatmeal	10
Onion Powder	11
Season Salt	11
Chili Sauce Or Ketchup ...	9
Margarine	Dairy
Bread Crumbs	6

Nutrition Facts

Serving Size (413g)		Servings Per Container 4	
Amount Per Serving			
Calories 220	Calories from Fat 70		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 3g			14%
Cholesterol 50mg			17%
Sodium 590mg			25%
Total Carbohydrate 20g			7%
Dietary Fiber 4g			16%
Sugars 12g			
Protein 21g			
Vitamin A 20%	•	Vitamin C 100%	
Calcium 6%	•	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



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