

Stuffed Zucchini II

Donna Reifschneider - Downey, CA
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Servings: 8

4 (7 to 8 inch) zucchini
salt
pepper
1 package (10 ounce)
frozen creamed spinach
3 slices bacon
1/2 cup grated cheddar
cheese

Preparation Time: 10 minutes**Bake Time: 15 minutes**

In a saucepan, parboil the zucchini for 5 minutes. Cool. Cut in half lengthwise. Scoop out the seeds. Place into a 9x13-inch casserole dish.

Sprinkle the zucchini lightly with salt and pepper. Allow the spinach to thaw or warm in water or a microwave. Spoon the spinach into the zucchini.

Cut the bacon into 1/4 inch strips. In a skillet, fry the bacon until crisp. Drain. Crumble the bacon. Sprinkle over the spinach.

Top each zucchini with grated cheese.

Bake in the oven at 350 degrees for 15 minutes (or in the microwave to warm them through).

Per Serving (excluding unknown items): 98 Calories; 7g Fat (61.7% calories from fat); 4g Protein; 5g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 169mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 Fat.