



Donna's Mom's Stuffed Zucchini

Donna (Essad) Tantillo's mother. Rena (Rossetto) Essad was born and raised in Weed, CA. Her parents, Antonio Rossetto and Amalia (Silvestro) Rossetto were from Cavaso di Tomba near Venice.

Ingredients:

- 4 - 5 medium zucchini
- ¼ medium onion, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- 2 cloves of garlic, finely chopped
- 1 pound extra lean ground beef
- ¼ cup grated Parmesan cheese
- 1 egg
- Salt, pepper and Italian seasoning to taste
- 1 8-ounce can of tomato sauce
- Small amount of red wine

Wash the zucchini. Cut off stem ends and cut lengthwise. Scoop out centers with a melon baller or spoon and set aside. Finely chop about 1/4 to 1/2 of the centers you scooped out.

Mix the chopped zucchini centers, garlic, onion, parsley with the ground beef, grated Parmesan cheese, salt, pepper and Italian seasoning to taste. Add the egg and mix well with hands.

Stuff zucchini with meat mixture so that the mixture is heaping. Place in oblong Pyrex baking dish or Corning Ware. Add about 1/2 inch of water in the bottom of the dish. Cook uncovered in a 350° oven for about 45 minutes. Pour the tomato sauce and a little red wine over the zucchini and cook for another 15 minutes.