

# Grilled Stuffed Zucchini

*recipe by Our Best Bites*

*slightly modified by Brianne's Whole30*

2 medium zucchini (about 10")  
4 oz compliant sausage (Al fresco buffalo chicken sausage is what we used)  
1/4 C diced red onion  
2 cloves garlic, minced  
1 medium tomato (about 1/2 C diced)  
1 1/2 T chopped fresh basil (or about a teaspoon of dried)  
1 T Almond flour + more for sprinkling

kosher salt  
black pepper  
extra virgin olive oil

Slice zucchini in half length wise, leaving the tops on.

Scoop out the centers, saving them in a bowl. Leave at least 1/4 inch around the edges and bottoms. Take the good parts of the zucchini guts you just scooped out and dice up 1/2 C. This will go in your filling.

Drizzle the zucchini shells with a little olive oil and use your hands to rub it on all sides. Sprinkle with some kosher salt and black pepper and set aside.

Preheat your grill outside and then start your filling in a skillet on the stovetop. Start by browning the sausage. When you no longer see pink, add the onions, garlic, and diced zucchini. Cook for 2-3 minutes until onion is tender. Add tomato and basil, 1/4 t kosher salt and a few cracks of black pepper. Remove pan from heat and set aside.

Take your zucchini to the grill and put them hollow-side down.

Grill for about 5 minutes on medium heat. They should have nice charred marks and look tender on the inside.

Take them back inside. Add almond flour to filling mixture. Stir to combine and then divide the filling between the zucchini. Sprinkle a little almond flour over filling and drizzle a little extra virgin olive oil.

Place them back on the grill (filling side up- please!) Close grill lid, and cook for another 5-7 minutes. Larger/thicker zucchini will obviously take longer to cook.

If you're doing this inside, it will take a little longer seeing as you can't close the lid to keep in the heat. You also might want to broil them in the oven when they're finished to help the cheese on top get nice and bubbly.