

HOW TO MAKE

Stuffed summer veggies

Shopping list	Step	What to do	What you need (serves 6)	Marguerite's tip
<ul style="list-style-type: none"> • 9 summer veggies (tomatoes, zucchinis, eggplants, bell peppers...) • 1 large onion • 4 cloves of garlic • Olive oil • 2 lb of ground meats (try half pork, half lamb) • 1 TBS liquid smoke • 4 oz grated parmigiano • One cup panko • One cup chopped herbs (to your taste: basil, oregano, rosemary, a combination of all the above...) • Salt and pepper 	1	<p>Wash but do not peel the vegetables. Cut each zucchini and eggplant in two (lengthwise), cut a hat to the tomatoes and peppers, empty the inside of each vegetable with a spoon.</p>	<ul style="list-style-type: none"> • 9 summer veggies (tomatoes, zucchinis, eggplants, bell peppers...) 	<p>« Whatever summer veggies you have will work well prepared this way. Reheats very well... »</p>
	2	<p>Chop the inside of the veggies, as well as the onion and garlic.</p>	<ul style="list-style-type: none"> • 1 large onion • 4 cloves of garlic 	
	3	<p>Sautee the onion and garlic, add the inside of the veggies (at least one tomato and one zucchini). Add the meats. Season with salt and pepper and the liquid smoke. Add the parmigiano, the panko and the herbs.</p>	<ul style="list-style-type: none"> • Olive oil • 2 lb of ground meats (try half pork, half lamb) • 1 TBS liquid smoke • 4 oz grated parmigiano • One cup panko • One cup chopped herbs (to your taste: basil, oregano, rosemary, a combination of all the above...) • Salt and pepper 	
	4	<p>Heat the oven 420° Spoon the stuffing in the vegetables. Drizzle some olive oil. Put in an oiled oven-proof dish. Cook for 30 minutes.</p>		