

Vegan Zucchini Boats

by AUTHOR

Makes NUMBER servings

Ingredients

- 3 Medium or Large Zucchini
- 1 Small Yellow Onion, small diced
- 1 8 Ounce Block Tempeh
- ½ Cup Homemade Marinara Sauce or Sub Store Bought
- 2 Tablespoons Soy Sauce, Tamari, or Liquid Aminos
- 1 Tablespoon Italian Seasoning
- 1 Tablespoon Garlic Powder
- 1 Teaspoon Dried Fennel Seed
- 1 Teaspoon Smoked Paprika
- 1 Teaspoon Liquid Smoke
- To serve: Vegan Parm, Fresh Basil, Red Pepper Flakes, Pepitas



Directions

- Preheat oven to 400°F. Line a baking sheet with parchment paper.
- Slice the top and bottom off of each zucchini. Then cut in half lengthwise. Use a spoon to scoop out the "guts" from the center, leaving a ¼" border on all sides. Set the guts aside for the filling.
- Place the zucchini cut-side up on the prepared pan and bake for 5-10 minutes.
- Finely chop the the zucchini guts you saved from step 2.
- Heat a large non-stick pan over medium heat. Add the chopped zucchini centers and onion. Crumble in the tempeh, and add the marinara, soy sauce, spices, and liquid smoke. Cook 7-10 minutes, stirring occasionally, until the onion is soft.
- When the zucchini are out of the oven, stuff each boat with the filling mixture. Top with vegan parmesan, basil, red pepper flakes, and pepitas. Enjoy!



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