

## Zucchini Boats in the Air Fryer

### Ingredients:

- 2 large zucchini, (monster zucchini preferable)
- ½ onion, diced
- 2 garlic cloves, chopped or crushed
- 2-3 bell peppers (green, yellow, red), diced
- 1 large tomato, diced
- 1 ½ cups of cooked Italian sausage, crumbled
- 1 Tablespoon of Italian Seasoning (adjust for seasoned sausage)
- 1 egg
- ½ cup + ¼ cup Italian blend shredded cheese, divided
- salt and pepper
- oil, olive oil and canola

### Directions:

Cut the end of the zucchini, cut in half lengthwise. Place on your air fryer tray and drizzle with oil. Salt and pepper the tops liberally. Get into the air fryer at 400F for 10 minutes then swap the trays and cook for another 10 minutes. When zucchini is done, scoop out the seeds.

In a skillet, heat 1 tablespoon of olive oil and sauté onion for 3 minutes.

Add the diced peppers, and sauté another 3-5 minutes or until al dente.

Add crushed garlic and sauté 1 more minute (don't burn the garlic).

Add your cooked sausage and cook for 2-3 minutes.

Remove from heat and add the tomatoes and Italian seasoning. Allow the mixture to cool slightly.

Add an egg to a mixing bowl and beat well. Add your cooled mixture and ½ cup of cheese to the beaten egg and mix well. Spoon mixture into zucchini shells. Top with remaining ¼ cup of cheese.

Place onto your air fryer trays and air fry on 400F for 5-10 minutes (checking after 5).