



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

**MRLAEF**

## Ingredients

1/2 tbsp olive oil  
1/2 cup diced yellow onion  
2 cloves garlic, minced  
2 tsp dried marjoram  
2 tsp dried oregano  
2 tsp dried thyme  
1 tsp dried rosemary  
1/2 tsp red pepper flakes  
1/2 cup red wine  
28 oz can crushed tomatoes or  
2 lb. peeled and crushed fresh  
1/2 cup water

5 zucchinis  
1 cup Parmigiano Reggiano,  
grated  
Fresh basil, finely chopped.

## Directions

Heat oil in a medium saucepan over medium heat. Add onions and sauté until translucent, 3-5 minutes. Add garlic, herbs, and red pepper flakes. Stir to combine and cook until fragrant. Add wine and cook until liquid is reduced by half, add tomatoes, and water and let simmer.

Pre heat oven to 425 Degrees. Wash zucchini, halve lengthwise, scoop out seeds. Fill cavity with sauce, sprinkle on cheese. Bake 25-30 minutes or until the zucchini is tender. Sprinkle on basil.

Your favorite pizza topping are welcome here! Pop in the broiler for extra bubbly top.

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 10

161 kc

4.6g

2.1g

9mg

433mg

25g

6.9g

8.1gm