



Zucchini Cups w/ Creamy Spinach Filling

Ingredients

- 4 medium zucchini (save the hollowed out middles and chop)
 - 1 small onion, finely diced
 - 6 garlic cloves, minced
 - 2 cups fresh spinach, washed and chopped
 - 3/4 cup heavy cream
 - 1/4 cup grated parmesan cheese
 - Salt and black pepper to taste
 - Olive oil
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Instructions

1. **Prep the zucchini**
 - Heat oven to **400°F**.
 - Slice zucchini into **2-inch** sections.
 - Use a small spoon or melon baller to hollow out the center and create “cups.”
 - Place on a baking sheet, drizzle with olive oil, and season with salt + pepper.
2. **Sauté the aromatics**
 - In a skillet, heat a splash of olive oil.
 - Add onions and garlic cook until soft and lightly golden.
3. **Make the creamy spinach filling**
 - Add chopped zucchini and spinach to the pan and cook until wilted.
 - Pour in heavy cream and reduce the heat.
 - Stir in the parmesan until the mixture thickens into a creamy sauce.
 - Season with salt + pepper.
4. **Fill the cups**
 - Spoon the hot creamy spinach mixture into each zucchini cup, packing it in. sprinkle with parmesan cheese.
5. **Bake**
 - Bake **18–20 minutes** until zucchini is tender and the filling is bubbling and lightly golden on top.
6. **Serve**
 - Finish with a little fresh black pepper and a pinch of extra parmesan if you want that hit.