

RECIPES FOR THE ROAD — FALL SERIES

STUFFED FLORIDA ZUCCHINI AND YELLOW SQUASH PARMESAN

INGREDIENTS (SERVES 8)

- 2 medium Florida zucchini or large yellow squash
- 1/2 cup ricotta cheese
- 1 1/2 cups mozzarella cheese, shredded
- 1 cup marinara sauce (your favorite)
- 1/4 cup Parmesan cheese, grated
- 1/2 cup panko (Japanese breadcrumbs)
- 2 tablespoons fresh basil or 1 teaspoon dried
- Olive oil for cooking
- Sea salt and fresh ground pepper, to taste

PREPARATION

Preheat the oven to 375 degrees. Cut off the stem side of the zucchini or yellow squash. Cut zucchini or yellow squash evenly in half lengthwise. Using a small spoon, scoop out the seeds from each half to create room to hold other ingredients. Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the preheated pan. Season the zucchini or yellow squash with salt and pepper. Place the zucchini or yellow squash skin side up in the sauté pan and cook for about 2 minutes on both sides. Remove from pan and place on a cookie sheet skin side down.

In a small mixing bowl, combine panko, 1 tablespoon olive oil, chopped basil and Parmesan cheese. Season ingredients to taste with salt and pepper, and stir to combine. Evenly distribute the ricotta cheese and marinara sauce on top of the zucchini or yellow squash. Top the yellow squash and zucchini with the shredded mozzarella cheese. Evenly sprinkle the breadcrumb topping mixture on top of the zucchini or yellow squash. Bake the stuffed zucchini or yellow squash for 10 minutes or until topping is golden brown and cheese is bubbly. Remove from oven and let cool slightly. Serve warm.

RECIPE CREATED BY:
CHEF JUSTIN TIMINERI



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WHEN BUYING INGREDIENTS.**



8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference!

RECIPE FOR SAFE DRIVING

INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



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Scan here for a list of custom "do not disturb" messages and chill playlists.

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