

Eat Happy Kitchen

Anna Vocino

TACO STUFFED ZUCCHINI (Air Fryer or Oven)

(Serves 4)

- 4 zucchini, sliced in half lengthwise
- Salt and pepper
- 1 pound ground beef
- 2 tablespoons Eat Happy Kitchen Taco Seasoning, plus extra for garnish
- 3/4 cup Colby Jack cheese
- 1 avocado, thinly sliced
- 1/4 cup cherry tomatoes, diced
- Sour cream, for garnish
- Tapatio, for garnish, if you like spicy

Air Fryer Instructions:

Scoop out the innards of zucchini halves and discard the innards (or save to use for Dairy Free Ranch in [Eat Happy Too](#)). Lay the zucchini shells on a paper towel and season with salt and pepper. Let sit for 10 minutes and then dab dry any excess water that's released from the "sweating" of the zucchini shells.

Preheat the air fryer. Lay the zucchini shells skin-side-down in the air fryer and cook them at 400 degrees for 10 minutes.

Meanwhile, in a large, flat-bottomed sauté pan on medium high heat, cook the ground beef until browned thoroughly, breaking the beef up into small pieces. Add the [Taco Seasoning](#) and stir to mix until the seasoning is absorbed into the meat. Remove the beef from the heat.

Remove the zucchini shells from air fryer, evenly add cheese to the shells and place back in air fryer at 400 degrees for 2 more minutes until cheese is

melted. Plate the cheese-covered zucchini shells, then fill them with the taco meat and garnish with the avocado slices, chopped cherry tomatoes, sour cream, and Tapatio if desired. Serve.

Oven instructions:

Preheat the oven to 400 degrees. Scoop out the innards of zucchini halves and discard. Lay the zucchini shells on a paper towel and season with salt and pepper. Let sit for 10 minutes and then dab dry any excess water that's released from the "sweating" of the zucchini shells. Lay the zucchini shells skin-side-down on a baking sheet and cook for 20 minutes.

Meanwhile, in a large, flat-bottomed sauté pan on medium high heat, cook the ground beef until browned thoroughly, breaking the beef up into small pieces. Add the Taco Seasoning and stir to mix until the seasoning is absorbed into the meat. Remove the beef from from heat.

Remove the zucchini shells from the oven, then evenly add the cheese to the shells and place back in oven for 2 minutes, or until the cheese is melted. Plate the cheese-covered zucchini shells, then fill them with the taco meat and garnish with the avocado slices, chopped cherry tomatoes, sour cream, and Tapatio if desired. Serve.

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