

STUFFED VEGETABLES

Ingredients

<i>6 zucchini</i>	<i>40</i>
<i>24 mushrooms (champignon)</i>	<i>20</i>
<i>6 medium tomatoes</i>	<i>10</i>
<i>6 small potatoes</i>	<i>85</i>
<i>6 red onions</i>	<i>20</i>
<i>6 artichokes</i>	<i>100</i>
<i>1 pepper</i>	<i>20</i>
<i><u>for the stuffing</u></i>	
<i>6 potatoes</i>	<i>85</i>
<i>3 whole eggs</i>	<i>200</i>
<i>150 grams of ham</i>	<i>600</i>
<i>70 grams of Parmesan cheese</i>	<i>300</i>
<i>marjoram, salt and pepper as you prefer</i>	
<i>total calories (about)</i>	<i>1480</i>

Preparation

Prepare the vegetables, wash them and take out the inside part of them (keep this part of the vegetables for the stuffing).

In particular, the pepper has to be cut in rather big layers, the tomatoes have to be cut on the top and turned upside down so that the water can come out.

The mushrooms have to be cleaned and the stalk has to be taken away from the root, so that they remain well dug.

Do not cook the vegetable, yet.

Make the 6 potatoes (the ones you use for the stuffing) boil.

Smash them in a bowl with the other part of the vegetables.

Add the minced ham, the Parmesan cheese, the eggs, salt, pepper and marjoram till you obtain an homogenous and solid mixture.

Fill the vegetables and put them in the oven for 40 minutes at 170°C and however till they become well brown.

If you want, you can use as lean stuffing, the one explained in the recipe "stuffed cannelloni". Same method of cooking.