

## *Zucchini Perini*

*Lindsey Pilarczyk*

½ lb. ground beef	¼ cup tomato sauce
½ lb. hot sausage	2 tsp. oregano
1 large onion, diced	Dash of garlic powder
Dash of salt	2 lbs. zucchini, sliced ¼-inch thick
Dash of black pepper	¼ cup freshly grated Parmesan cheese
1 (28 oz.) can whole tomatoes, mashed and drained	
6 oz. tomato paste	

In an oven-safe pan, brown the ground beef, sausage, and onion. Add salt and pepper to taste. Add whole tomatoes, tomato paste, and tomato sauce. Add the oregano and garlic powder, and simmer 5 minutes. Add the zucchini. Mix thoroughly, then sprinkle with Parmesan. Bake at 350° until cheese melts and starts to brown, about 10 minutes.

## *Italian Meatballs*

*Jessica Hildebrandt*

¼ lb. Italian sausage	3-4 Tbsp. finely chopped fresh parsley
½ lb. lean ground beef	¾ cup plain or Italian breadcrumbs
1 small onion, finely chopped	½ tsp. salt
2 tsp. finely chopped fresh garlic	½ tsp. pepper
1 egg, slightly beaten	
½ cup freshly grated Parmesan cheese	

Combine ingredients in a large mixing bowl. Spray a cookie sheet with nonstick spray. Shape into balls, place on sheet, and bake at 350° for 20 to 30 minutes. Add to any spaghetti sauce. Serve over pasta.