



## **SHRIMP STUFFED MIRLITON**

Serves 4

- 4 mirlitons, sliced in half lengthwise
- 1 lb shrimp, peeled, deveined
- ½ cups chopped onions
- ¼ cup chopped green bell pepper
- ¼ cup chopped celery
- ¼ cup sliced green onions
- 3 tbs chopped parsley
- 2 tbs olive oil
- ½ cup breadcrumbs plus enough to cover top mirlitons
- 2 tbs Parmesan
- Salt and pepper to taste

Preheat oven to 375 degrees. In a large pot boil the mirlitons in lightly salted water until tender enough to scoop from shells. Drain and cool under tap water to room temperature. Scoop out pulp, but leave shells intact about 1/3 inch thick. Set aside to drain. Mash the pulp from the mirliton with a fork and set aside. In a saute pan over medium high heat, sauté the onions, bell pepper, celery & garlic in oil until wilted. Add the mirliton pulp. Cook for 5 minutes, Add salt, pepper and red pepper to taste then add parsley and green onions. Blend well. Add the shrimp and cook until just pink. Add breadcrumbs and blend well. Fill the reserved mirliton shells with the shrimp mixture to a raised, rounded shape. Top with remaining breadcrumbs and Parmesan cheese. Bake mirlitons for 15- 20 minutes or until the tops are nicely browned.