Mediterranean Stuffed Zucchini

Serves: 6

Well-Fed Me
Joyful eating...for life

Ingredients

- [ ] 2 large zucchinis, or four small
- [ ] 1 Tbsp lemon zest
- [ ] 2 garlic cloves, finely minced
- [ ] 1-2 Tbsps harissa
- [ ] 1/3 cup extra virgin olive oil
- [ ] 3 cups cooked coarse whole grain, like farro
- [ ] 2 scallions, finely chopped
- [ ] 1/4 cup raisins or other dried fruit
- [ ] 1/4 cup almonds, slivered and toasted
- [ ] 1 cup red or yellow cherry tomatoes, halved
- [ ] 1/2 cup red or yellow sweet pepper, chopped
- [ ] 1 Tbsp extra virgin olive oil
- [ ] 1 Tbsp lemon juice

Garnish

- [ ] 1 cup yogurt
- [ ] 1/2 cup parsley or cilantro, chopped

Method

1. Preheat oven to 400° F.
2. Cut zucchini in half lengthwise and scrape out seeds and pith. Score flesh with diagonal cuts 2" apart. Cut in half again crosswise if necessary to make eight portions.
3. Place zucchini halves on baking sheet flesh side up. Combine next 4 ingredients and brush on flesh of zucchini. Bake until zucchini becomes fork tender but not mushy, 30 – 60 minutes, depending on the size of the zucchini.
4. Meanwhile, combine stuffing ingredients in large bowl.
5. Place cooked zucchini portions on eight plates. Heap stuffing in the cavity of each zucchini portion. Top with yogurt. Garnish with chopped parsley or cilantro.

Per serving: *350 calories, 12g protein, 47g carbohydrates, 14g fat (2g sat, 12g mono/poly), 9g fiber, 40mg sodium*

Seasoned Cook

If you can't find harissa, make your own with cumin, paprika and dried chili flakes. Need more heat? Add a dash of cayenne.

CHI St. Vincent