

# Zucchini Stuffed With Mediterranean Quinoa Recipe

*Ready in: 1-2 hrs*

## \*\*\*Mediterranean Quinoa\*\*\*

3 ounces (90g approx.) sun-dried tomatoes  
2 cups water, vegetable or chicken stock  
1 cup quinoa  
1 teaspoon olive oil  
1 small yellow onion, finely chopped  
1 clove garlic, finely chopped  
3 tablespoons kalamata olives, chopped  
4 ounces (120g approx.) feta cheese, crumbled  
freshly ground black pepper, to taste

## \*\*\*Zucchini\*\*\*

1 teaspoon olive oil  
4 medium zucchini  
freshly ground black pepper, to taste

## Directions:

**Mediterranean Quinoa:** Place the sundried tomatoes in a small, microwavable bowl and add just enough water to cover, microwave for 30 seconds and let stand for 15 minutes. Drain, cool, and chop the tomatoes.

In a medium saucepan, bring the water or stock to a boil in a saucepan, and add the quinoa. Lower the heat, cover the pan, and simmer until the liquid is absorbed and the outer rim of the germ is visible, about 12 minutes. Remove saucepan from heat, fluff quinoa with a fork, and let stand uncovered for 5 minutes.

While the quinoa is cooking and the tomatoes are rehydrating, heat olive oil in a large skillet over medium heat. Add the onion and saute until translucent, for about 5 to 8 minutes. Add the chopped garlic to the onion and saute for another minute. Remove from heat.

Transfer the chopped tomatoes, onion mixture and quinoa to a large bowl and stir in the olives. Cool the mixture completely and then stir in feta cheese. The quinoa mixture can be made ahead up to a day ahead of time.

**Zucchini:** Cut each zucchini in half lengthwise, and slice a small slice lengthwise off of the outside of each half so that the halves will sit flat in a dish. Using a small metal spoon or melon baller, create a well for the stuffing by scooping out about half of the flesh in the center of each zucchini half.

Heat 1 teaspoon olive oil in a medium skillet over medium heat. Sprinkle scooped side of zucchini with pepper, and place scooped side down in hot pan. Saute until zucchini is golden, about 2 to 3 minutes on each side.

Place zucchini halves in a baking dish, scooped side up, and fill each half with quinoa mixture, dividing evenly amongst zucchini halves.

Bake until zucchini is tender when tested with a fork, about 25 to 30 minutes. Serve warm or at room temperature. Serves 4