

MEDITERRANEAN STUFFED ZUCCHINI BOATS

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 zucchini boat)

Nutrition (per serving)

Calories: 179

Total Carbohydrate: 23 g

Total Fat: 8 g

Dietary Fiber: 4 g

Saturated Fat: 1 g

Protein: 7 g

Sodium: 357 mg



Ingredients

- 2 zucchini, reserving inside of 1 zucchini for stuffing (about ½ cup)
- 1 cup of Minute® Rice Whole Grain Medley
- ¼ cup chopped yellow onion
- 1/3 cup crumbled reduced fat Feta cheese
- ¼ cup sundried tomatoes, chopped
- 2 Tablespoons pine nuts
- ½ cup chopped arugula, packed
- 1 Tablespoon chopped fresh mint
- 2 Tablespoons chopped fresh basil
- 1 ½ Tablespoons minced garlic
- 1 Tablespoon olive oil
- ½ Tablespoon lemon juice
- ½ Tablespoon balsamic vinegar
- ½ teaspoon crushed red pepper flakes
- ¼ teaspoon black pepper
- 1/8 teaspoon salt



OSF
HEALTHCARE

Directions

1. Preheat oven to 375°F. Cut zucchini in half lengthwise, and scoop out insides, leaving a thin layer of flesh with the skin. Chop the removed inside flesh of 1 zucchini, or about ½ cup, and add to a medium-sized bowl.
2. Add all remaining ingredients to the bowl with the chopped zucchini. Mix well.
3. Place the 4 zucchini halves in a baking dish. Using a spoon, scoop the stuffing into the zucchini, generously filling each “boat.”
4. Cover with aluminum foil and bake for 40 minutes, or until zucchini are fork-tender.