

## Stuffed Zucchini Boats

Serves: 4

### Ingredients:

- 2 large or 3 medium zucchini, halved lengthwise
- 1 egg, beaten
- 1 cup quinoa or brown rice, cooked & cooled
- ½ cup mushrooms, sauteed and cooled
- ½ cup grated Parmesan cheese
- 1 garlic clove, minced
- ½ cup roma tomatoes, diced
- 2 teaspoons lemon zest
- 2 tablespoons fresh thyme leaves
- 1 tablespoon fresh basil leaves, torn
- 2 teaspoons flat leaf parsley, minced
- ¼ cup pine nuts
- Extra-virgin olive oil, for drizzling
- Pesto, optional (recipe included)
- Balsamic Reduction, optional (recipe included)
- Sea salt & freshly ground black pepper

### Nutrition Facts

Serves 4

Amount Per Serving	
<b>Calories</b>	240
% Daily Value*	
<b>Total Fat</b> 16.8g	22%
Saturated Fat 3.9g	
Polysaturated Fat 4.9g	
Monounsaturated Fat 7.2g	9%
<b>Cholesterol</b> 52.8mg	18%
<b>Sodium</b> 279.3mg	12%
<b>Total Carbohydrate</b> 15.3g	6%
Dietary Fiber 3.7g	13%
Sugars 1.2g	
<b>Protein</b> 9.4g	19%
<ul style="list-style-type: none"> <li>• Vitamin A 6%</li> <li>• Vitamin C 11%</li> <li>• Calcium 11%</li> <li>• Iron 11%</li> <li>• Vitamin D 3%</li> <li>• Magnesium 19%</li> <li>• Potassium 7%</li> <li>• Zinc 16%</li> <li>• Phosphorus 15%</li> <li>• Folic Acid (B9) 10%</li> </ul>	

### Preparation:

1. Preheat the oven to 475°F and line a baking sheet with parchment paper.
2. To make the zucchini boats, use a teaspoon to hollow out the flesh of the zucchini, leaving a little more than ¼-inch thickness around the edges. Place the boats, cut side-up on the baking sheet.
3. Place a fine mesh strainer over a mixing bowl, add the scooped-out zucchini pulp into the strainer and gently press out any excess water. Discard the liquid and place the zucchini pulp into the mixing bowl.
4. Into the same mixing bowl, add the egg, quinoa, sauteed mushrooms (pat the mushrooms dry with a paper towel), cheese, garlic, tomatoes, lemon zest, thyme, pine nuts, ¼ teaspoon salt, and 1/8 teaspoon pepper. Mix the ingredients until combined.
5. Drizzle the zucchini boats with 1-2 tablespoons olive oil and sprinkle with ¼ teaspoon salt and ½ teaspoon pepper. Spoon the filling into each zucchini, dividing the mixture evenly, and bake for 16 to 18 minutes. The filling will be golden brown and crisp on top.
6. Serve with a drizzle of pesto and a drizzle of balsamic vinegar reduction, recipes below. Enjoy!

### Pesto

- 2 cups fresh basil leaves (no stems)
- 2 tablespoons pine nuts or walnuts (optional: toasted)
- 2 large cloves garlic
- ½ cup extra-virgin olive oil
- ½ cup freshly grated parmesan cheese

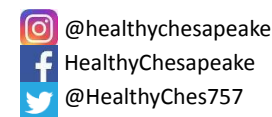
1. Combine basil leaves, pine nuts or walnuts and garlic in a food processor or blender and process until very finely minced.
2. With the machine running, slowly drizzle in the oil and blend until the mixture is smooth.
3. Finally, add the cheese and blend very briefly, just long enough to combine. Use immediately or cover with plastic wrap, and an airtight lid, and store in refrigerator for 1 week.

### Balsamic Reduction

- 3 tablespoons balsamic vinegar
- 1½ tablespoons sugar

1. Place the balsamic vinegar and sugar in a small saucepan.
2. Bring to a boil, then decrease the heat and simmer for 2 to 4 minutes, until it thickens.
3. Be sure to remove the pan from the heat when the vinegar is still a thinner consistency than honey. The mixture will continue to thicken as it cools.
4. Stir in 1-2 drops of water before serving, if it does become too thick to drizzle.
5. Store in refrigerator, in sealed container for up to 4 weeks.

[www.healthychesapeake.org](http://www.healthychesapeake.org)



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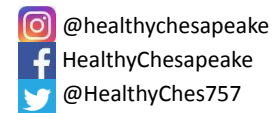
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