

# MEDITERRANEAN STUFFED ZUCCHINI

Prep Time: 30 minutes

Cook Time: 55 minutes

Serves: 12

Zucchini stuffed with savory onion, yellow squash, ripe tomatoes and crumbled feta cheese. Makes for an impressive vegetable side dish—or two servings make a healthy vegetable entrée.

**Why try?** The multiple steps in this recipe are well worth the effort to make this special occasion vegetable dish that's perfect for entertaining. It's a healthy and colorful side dish that pairs well with beef, poultry, fish, seafood or pork.

## INGREDIENTS

- 6 medium zucchini, halved lengthwise
- 1/3 cup olive oil, divided
- 1 medium onion, coarsely chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 medium yellow squash, coarsely chopped
- 8 ounces feta cheese, crumbled (about 1½ cups)
- 2 cups grape tomatoes, halved
- 1/4 cup fresh parsley, finely chopped



## PREPARATION

- 1 Preheat oven to 475°F.
- 2 Using a spoon, scoop out flesh of zucchini, leaving a 1/4-inch border, forming "boats." Chop zucchini flesh and reserve.
- 3 Brush zucchini lightly with oil and place, hollowed sides down, on a parchment-lined baking sheet; bake 15 minutes. Remove from oven; cool.
- 4 In the meantime, heat 1/4 cup oil in sauté pan over medium-high heat. Add onion, salt, and pepper; sauté until soft and slightly browned, 3 to 5 minutes. Add reserved zucchini and yellow squash; sauté until liquid is evaporated, about 10 minutes. Remove from heat and allow mixture to cool slightly. Fold in feta cheese, tomatoes and parsley.
- 5 Arrange zucchini, cut sides up, in two 9 x 13 baking dishes. Fill with squash-feta mixture.
- 6 Bake until top is lightly browned, about 20 minutes.
- 7 Serve immediately.



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