

Stuffed Zucchini

- 6 zucchini, halved lengthwise

Sauce

- 1 T olive oil
- 1 onion, finely chopped
- 2 garlic cloves, chopped
- 1/4 c chopped sun-dried tomatoes
- 1 28 oz can diced tomatoes
- 1 t kosher salt
- freshly ground black pepper

Stuffing

- 1 c quinoa, cooked (makes just over 2 cups when cooked)
- 2 tomatoes, finely chopped
- 2 T each chopped basil, parsley, plus more as garnish
- 1 t kosher salt
- 1/2 t dried oregano
- 3 T roasted, unsalted sunflower seeds
- 3 oz grated mozzarella
- 1 oz Parmesan

Preheat oven to 400F.

In a large pan, over medium heat, heat oil, then add onion. Cook, stirring, for 4 minutes. Add garlic, and cook for 30 seconds. Mix in canned and sun-dried tomatoes and bring to a boil, then simmer, covered for 10 minutes. Season with salt and pepper. Spread the sauce onto the bottom of a large roasting pan.

Now place quinoa in the pan you used to cook the sauce. Add fresh tomato, basil, parsley, oregano, sunflower seeds, mozzarella and Parmesan. Stir to combine.

Using a small spoon, carefully scoop out zucchini flesh and fill zucchini with quinoa mixture. Place in roasting pan and cover with tin foil. Cook for 30 minutes, then remove foil and cook for 15 minutes until zucchini is knife tender and quinoa is slightly browned. Garnish with chopped parsley. Serves 12 as a side dish. Delicious served hot or cold.

Jittery Cook