



Mediterranean Stuffed Garden Zucchini

A great recipe to use for those overgrown zucchini

- 1 (16 inch) long large fresh zucchini
- 2 cups cooked quinoa
- 1/4 cup chopped (each) yellow bell pepper, red bell pepper, seeded; diced
- 1/3 cup Italian julienne sun-dried tomatoes, minced
- 1 Tablespoon minced chives or green onions
- 1/2 Tablespoon lemon juice
- 2 Tablespoons herb flavored julienne sun-dried tomatoes oil (from jar)
- 1 Tablespoon balsamic vinegar
- 1/8 teaspoon ground chipotle chili pepper, optional
- 1/8 teaspoon ground black pepper as desired
- Garnish: basil sprigs as desired

Before Starting: Slice ends off zucchini, slice in half lengthwise. Scoop out pulp to form boat shapes. (Set pulp aside for another use)

Air Fry or Oven Bake Zucchini:

To Use Air Fryer: Lightly spray air fryer basket with olive oil. Place zucchini with skin side down in air fry basket. Cook in 325-degree F for 10 minutes or until tender. If too large for the basket, cook one at a time.

To Oven Bake: Preheated 350-degree F oven for 15 to 20 minutes on oiled baking sheet.

Combine Quinoa and Vegetables: In a medium bowl, stir cooked quinoa, yellow bell pepper, red bell pepper, minced sun-dried tomatoes, and chives. Set aside.

Prepare Dressing: In small mixing bowl, whisk lemon juice, sun-dried oil, balsamic vinegar, chipotle chili pepper, and black pepper.

Add Dressing to Quinoa Salad. Divide quinoa mixture between two zucchini halves. Garnish each with basil sprig. Cut into pieces to serve.
Serves: 2 to 4

About the Recipe: If you don't know what to do with that overgrown garden zucchini, stuff it with healthy quinoa and fresh garden peppers. Give it a Mediterranean twist with some sun-dried herb flavored tomatoes and a zesty fresh dressing.