

Mediterranean Stuffed Zucchini



Dive into the flavors of the Mediterranean with our tantalizing recipe for Mediterranean Stuffed Zucchini. Packed with aromatic herbs, vibrant vegetables, and savory spices, this dish offers a delightful twist on stuffed zucchini.

Preparation 5 min
Cooking 40 min
Servings 4
Nutrition Facts (per serving)
Calories 320
Fat 14
Carbohydrates 38
Fibre 12
Protein 18
Sodium 660

Ingredients

- 4 large zucchini, cut in half lengthwise
- 15 ml (1 tbsp) vegetable oil
- 1 onion, diced
- 2 garlic cloves, chopped
- 3-4 sprigs fresh thyme

- 1,5 lbs (680 g) cherry tomatoes, halved
- 60 ml (¼ cup) sun-dried tomatoes in oil, drained and chopped
- 60 ml (¼ cup) pitted Kalamata olives, chopped
- 1 - 398 ml (14 oz) can lentils, rinsed and drained
- 80 ml (? cup) fresh basil, chopped, divided
- 125 ml (½ cup) freshly grated Parmesan cheese, divided
- Pepper and salt to taste

Note: For a sodium-reduced version, replace the Parmesan cheese with a cheese with less than 150 mg of sodium per 30 g serving, such as St-Paulin léger or PC Menu Bleu.

Preparation

1. Preheat the oven to 400 °F (200 °C). Place the grid in the center of the oven.
2. Using a small spoon, scrape the inside of the zucchini halves to create a cavity along the entire length. Place in a rectangular baking dish.
3. Chop the zucchini's flesh and set aside.
4. Heat a large skillet over medium-low heat and add oil.
5. Sweat the onion for a few minutes or until translucent.
6. Add garlic, fresh thyme and tomatoes. Simmer for 10 to 12 minutes, stirring occasionally.
7. Add sun-dried tomatoes, olives, lentils, half the basil, half the parmesan, zucchini flesh and continue cooking for 2 minutes. Season to taste and set aside.
8. With a small spoon, garnish the zucchini halves with the stuffing. Pour 1 cm (? in) of water into the dish and place in the oven for 25 minutes or until the zucchini are al dente.
9. Let cool for 10 minutes. Garnish with the remaining basil and parmesan cheese and enjoy.



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