

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Stuffed Zucchini

Originally from Everyday Food

Serves 8

4 medium zucchini (6 to 8 ounces each), halved lengthwise
1 tablespoon olive oil
1 medium onion, coarsely chopped
ground pepper
7.5 ounces feta cheese, crumbled (1 ½ cups)
1 pint grape or cherry tomatoes, halved

1. Preheat oven to 475 degrees. Using a tablespoon, scoop out zucchini centers to form "canoes," leaving a ¼ - inch border. Roughly chop centers; set aside.
2. Arrange zucchini, cut sides down, on a rimmed baking sheet; bake 15 minutes. Remove from oven.
3. Meanwhile, heat oil in a large skillet over medium. Add onion and ½ teaspoon pepper; cook, stirring, until most of the liquid has evaporated, about 8 minutes. Remove from heat; let cool slightly. Fold in feta and tomatoes.
4. Turn hollowed-out zucchini cut sides up, fill with vegetable-feta mixture, and bake until top is lightly browned, about 20 minutes. Lift zucchini from baking sheet with a wide spatula, and serve.