

## **Forest Hills Wellness Meatless Monday Recipe #3**

### **Zucchini With Quinoa Stuffing**

Serves: 4

Hands-On Time: 20 min

Total Time: 55 min

#### **INGREDIENTS**

½ cup quinoa, rinsed

4 medium zucchini

1 15-ounce can cannellini beans, rinsed

1 cup grape or cherry tomatoes, quartered

½ cup almonds, chopped (about 2 ounces)

2 cloves garlic, chopped

¼ cup grated Parmesan

4 tablespoons olive oil

#### **DIRECTIONS**

1. Heat oven to 400° F. In a large saucepan, combine the quinoa and 1 cup water and bring to a boil. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water is absorbed, 12 to 15 minutes.
2. Meanwhile, cut the zucchini in half lengthwise and scoop out the seeds. Arrange in a large baking dish, cut-side up.
3. Fluff the quinoa and fold in the beans, tomatoes, almonds, garlic, 1/4 cup of the Parmesan, and 3 tablespoons of the oil.
4. Spoon the mixture into the zucchini. Top with the remaining tablespoon of oil. Cover with foil and bake until the zucchini is tender, 25 to 30 minutes. Remove the foil and bake until golden, 8 to 10 minutes.

*Adapted from:*

<https://www.realsimple.com/food-recipes/browse-all-recipes/zucchini-quinoa-stuffing>

