



## Stuffed Zucchini (Adapted from Eat Voraciously)

I had to learn to like Zucchini. And this recipe helped. But you can always substitute bell peppers. Garlic and onion build the flavor in this recipe, but if you don't like them, you can skip. I am lactose intolerant, so I use non-dairy cheese. But Feta, Ricotta or any creamy or crumbly cheese will do. If you don't like parsley, you can always use basil, chives, thyme or mint.

### Ingredients:

- 1 tbsp extra-virgin olive oil, plus more for the baking dish
- 1 medium yellow onion (about 8 ounces), chopped
- 3 large cloves garlic, chopped
- 4 medium zucchini (6 to 8 ounces each)
- Fine salt
- 4 ounces feta cheese, crumbled
- 1/2 cup homemade or canned no-salt-added white beans, rinsed and drained
- 2 small Roma tomatoes or 1 large tomato (about 6 to 8 ounces), hulled and chopped
- 1/4 cup small pitted black olives, like Nicoise, chopped
- 1/4 cup chopped parsley leaves
- 1 teaspoon freshly ground black pepper

### Instructions:

1. Position a rack in the middle of the oven and preheat to 400 degrees. Lightly grease a 9x13-inch casserole dish with oil.
2. In a large skillet over medium-high heat, heat 1 tablespoon of the oil until shimmering. Add the onion and garlic and cook, stirring frequently, until tender, about 3 minutes. Remove from the heat and transfer to a large bowl.
3. Halve each zucchini lengthwise and, using a melon baller or spoon, scoop out the inside flesh, leaving a 1/2-inch border of skin and flesh all around; reserve the scooped-out zucchini halves. Lightly season the insides with salt.
4. Coarsely chop the flesh and add it to the bowl with the onion and garlic, along with half of the feta, the beans, tomatoes, olives, parsley and pepper, and stir to combine; this is your filling.
5. Arrange the scooped-out zucchini halves cut side up in the greased casserole dish. Divide the filling among them, mounding it as needed. Top with the remaining feta. Roast for about 30 minutes, or until the zucchini are fork-tender and the feta has melted and lightly browned. Serve hot or at room temperature.

