



Mediterranean Stuffed Zucchini

Servings	8 appetizer servings
Prep Time	0 hours, 20 minutes
Cook Time	0 hours, 10 minutes

Summary

A fantastic appetizer, side dish or vegetarian main course, this is great way to use up your excess of squash in a tasty way (that's not zucchini bread).

Ingredients

- 2 6-ounce zucchini (or yellow squash or other small squash)
- 1/3 cup finely chopped drained bottled roasted red peppers
- 1/3 cup finely chopped drained feta
- 1 teaspoon dried oregano (or 1 Tablespoon fresh)
- 1/4 cup breadcrumbs
- Salt and freshly ground black pepper, to taste

Instructions

1. Preheat oven to 250 degrees.
2. Cut zucchini crosswise into 3/4-inch-thick sections, discarding ends, and with a melonballer scoop out center of each section, leaving 1/16-inch-thick shells and reserving centers for another use.
3. Coat a baking sheet with cooking spray and place squash cut-side down on the sheet. Cook for about 6 minutes, or until squash has softened but is not fully tender. It will soften more as it cools and you don't want the final product too smushy.
4. Crank up the oven to broil.
5. Allow squash to cool enough to handle. In a small bowl stir together roasted peppers, feta, oregano, and black pepper and mound in each shell.
6. Broil about 4 inches from heat until bubbling and beginning to turn golden, about 4 minutes.

Sources

Adapted from Gourmet magazine - via Epicurious
<http://www.epicurious.com/recipes/food/views/Zucchini-Stuffed-with-Feta-and-Roasted-Red-Peppers-11823>

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