

RECIPE OF THE WEEK: PALEO EDITION

Stuffed Zucchini

Ingredients:

Zucchini (medium, halved lengthwise) 2
Olive oil cooking spray
Onion (finely diced) ¼ cup
Fresh garlic (minced) 1 tsp
Shitake or portobello mushrooms (small diced) ¼ cup
Tomato (finely diced) ¼ cup
Pecans (crushed) ¼ cup
Tomato sauce ½ cup

Instructions:

Preheat the oven at 375°F. Cut zucchini in half lengthwise. Using a spoon and knife (if needed) remove all the white flesh (do not discard the skin or flesh). If the green skin breaks don't worry. Preheat a large non-stick frying pan on medium heat. Lightly coat with spray and add the white zucchini flesh, onion, garlic and mushrooms. Sauté until onions are lightly browned and liquids have evaporated. Then remove from heat. Add tomato, feta cheese and pecans to the pan. Stuff the zucchini peel with the heated mixture. Reform the peel around the stuffing. Add to a baking sheet and cook in the oven for 30 minutes. Remove from oven and serve with warm tomato sauce. Serves 1 large or 2 small.

Nutritional Info (per serving)

(per serving)	large	small
Calories (k/cal)	469.2	234.6
Fat (g)	27.1	13.5
Carbohydrates (g)	37.5	18.7
fiber (g)	10.6	5.3
sugars (g)	17.9	9.0
Protein (g)	19.0	9.5

Prep Time: 15 minutes

Servings: 1 large or 2 small

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

