

Sausage and Quinoa-Stuffed Zucchini



Serving Size: 2 halves

Nutrition Information:

23g carbohydrates

293 calories

38g fat

13g saturated fat

626mg sodium

4g fiber

22g protein

Ingredients:

1 tsp. extra-virgin olive oil

3 links sweet or hot turkey sausage,
casings removed

1 small onion, chopped

½ cup quinoa

1 cup water

1 cup quartered grape tomatoes

1 tbsp. chopped fresh marjoram, or 1 tsp
dried

4 medium zucchinis

Salt, pepper to taste

⅓ cup finely shredded Parmesan cheese

Directions:

1. Heat oil in saucepan over medium heat. Add sausage and onion; cook while breaking the sausage into small pieces until no longer pink, about 5 minutes.
2. Add quinoa and water and bring to boil. Reduce heat and simmer; cover and cook, stirring once or twice until water is absorbed (15-20min).
3. Remove from heat and stir in marjoram and tomatoes.
4. Cut zucchini lengthwise in half and cut a thin slice off the bottoms so each half sits flat. Scoop out the pulp leaving a 1" inch shell. Discard pulp. Place zucchini on microwave safe dish and sprinkle with pepper and salt. cover and microwave on high until tender crisp: 3-4 minutes.
5. Preheat broiler to high. Position rack in upper third of oven.
6. Transfer zucchini to broiler safe pan and fill with the quinoa mixture. sprinkle with cheese, broil on upper rack until cheese melted (about 2 minutes).