

Stuffed "Nuclear" Zucchini

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Servings: 2

Ingredients:

1 large "nuclear size" zucchini
3 to 4 cup cooked rice (jasmine is recommended)
1 cup chopped onion
1 1/2 tablespoon extra virgin olive oil
1/4 to 1/2 cup pine nuts
1 Tablespoon fresh chopped basil
1/2 Tablespoon fresh rosemary
1 Tablespoon fresh chopped oregano
1 Tablespoon ground cardamom
Colorado Honey, to taste

Instructions:

(1) Preheat oven to 400F.

Cut zucchini so that it is around 8 inches long, and then slice in half horizontally. Carve out the flesh and seeds so that the remaining shell is about 1/2 inch thick. Save the shell. Separate the seeds from the flesh, and save the flesh for step 3.

Put shells into a baking dish, and add water to cover the bottom. Cover with aluminum foil. Bake 10 minutes (during which proceed to step 2!).

Remove from oven, drain water and reduce heat to 350F. Leave shells in dish for step 4.

(2) While zucchini shells cook, prepare rice according to package. While rice cooks, proceed to step 3.

(3) While rice cooks, chop zucchini flesh. Separately chop onion. Sauté onion in olive oil for about 5 minutes, or until onion begins to soften.

Add zucchini flesh and sauté for another 5 minutes. Remove from heat.

Proceed to step 4.

(4) Remember to turn oven down to 350F!

In a large bowl, mix rice with sautéed zucchini and onion. Add pine nuts and spices, and mix thoroughly. If desired, add raisins, currants or chevre and mix again.

Fill shell halves with rice mixture. Drizzle with honey to taste, and bake at 350F for 15 minutes.

Wine Pairing:

I recommend a tall glass of Colorado milk.