

Stuffed Zucchini Boats

Prep Time 10 mins
 Total Time 45 mins
 Meal Type Breakfast,Lunch,Dinner,Snack,Side
 Source From [Food As Medicine](#)

Servings 4



Ingredients

lb,c g,ml

- 1 cup Quinoa
- 2 cup Water
- 1 Tbs Olive Oil
- 1/2 Onion, red, *Chopped*
- 4 Garlic Cloves, *Minced*
- 1 Pepper, red, medium, *Chopped*
- 1 Jalapeño, *Chopped*
- 1/2 tsp Salt
- 1 tsp Black Pepper
- 2 tsp Cumin
- 1/2 15 Ounce Can Chickpeas, *Drained and Rinsed*
- 1/2 15 Ounce Can Black Beans, *Drained and Rinsed*
- 1/2 cup Olives, *Chopped*
- 4 Zucchini, *Halved Lengthwise*

Directions

Prep

1. Preheat oven to 400°F
2. Wash and chop produce
3. Once zucchinis are cut open lengthwise, use a spoon to to remove the seeds.

Make

1. Bring the water to a boil in a small pot. Add the quinoa, reduce to a simmer, and cook until water is evaporated.
2. Heat the olive oil in a medium pan over medium heat. Add the onion and garlic and cook for 5 minutes. Add the pepper, jalapeño, salt, pepper, and cumin and cook for another 5 minutes. Add the cooked quinoa, the beans, and the olives to the pan and remove from the heat.
3. Place the zucchini boats on a parchment lined baking sheet. Fill the boats with the quinoa mixture and bake until zucchini is tender, about 40 minutes.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	359	Total Fat 10.9g	16%	Total Carbohydrates 54g	17%
		Saturated Fat 2.0g	10%	Dietary Fiber 12g	48%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 0mg	0%	Protein 14g	
		Sodium 1675mg	72%		
Vitamin D 0mcg 0% · Calcium 103mg 10% · Iron 4mg 22% · Potassium 1057mg 22%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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