



Grilled Quinoa & Sausage Stuffed Zucchini Boats

Prep: 30 minutes

Grill: 10 minutes • Serves: 8

- ½ cup quinoa
- 4 zucchini (about 3 pounds), stems trimmed and cut lengthwise in half
- 1 pound Italian sausage, casings removed if necessary
- 1 small onion, chopped
- 1 package (8 ounces) finely shredded mozzarella cheese (2 cups)
- ½ cup julienne cut sun-dried tomatoes with Italian herbs, drained
- ½ cup panko breadcrumbs
- 2 tablespoons fresh lemon juice
- 1½ tablespoons chopped fresh oregano leaves
- 2 teaspoons lemon zest
- 1 tablespoon extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon ground black pepper

1. In fine-mesh strainer, thoroughly rinse quinoa with cold water; drain. Prepare quinoa as label directs. With small spoon, leaving about ½-inch wall, scoop out inside portion of each zucchini half; coarsely chop zucchini pulp.

2. Prepare outdoor grill for direct grilling over medium-high heat. In large skillet, cook sausage, onion and reserved zucchini pulp over medium-high heat 5 minutes or until sausage is no longer pink, breaking up sausage with side of spoon. Remove from heat; stir in 1 cup cheese, sun-dried tomatoes, breadcrumbs, lemon juice, oregano, lemon zest and quinoa.

3. Brush all sides of zucchini with oil; evenly sprinkle with salt and pepper. Place zucchini, cut side down, on hot grill rack; cover and cook 3 minutes or until grill marks appear and edges begin to brown. Turn zucchini and grill 1 minute longer or until lightly browned but still firm; transfer, cut side up, to rimmed baking pan.

4. Evenly fill zucchini with sausage mixture; sprinkle with remaining 1 cup cheese. Place zucchini, filling side up, on hot grill rack; cover and cook 5 minutes or until zucchini is just tender and cheese is melted and begins to brown.

*Approximate nutritional values per serving:
304 Calories, 18g Fat (7g Saturated), 39mg Cholesterol,
578mg Sodium, 20g Carbohydrates, 3g Fiber, 5g Sugars,
1g Added Sugars, 16g Protein*