

## Zucchini Stuffed with Rice & Mushrooms

Looking for a new recipe for “Meatless Monday”? Give this delicious stuffed zucchini recipe a try!

### Ingredients

<b>3 cups vegetable stock</b>	<b>2 cups sliced mushrooms</b>
<b>½ cup wild rice</b>	<b>1 ½ tsp dried capers</b>
<b>2 large zucchini (each about 8oz)</b>	<b>1 tsp dried basil</b>
<b>1 tsp vegetable oil</b>	<b>½ tsp dried oregano</b>
<b>2 tsp minced garlic</b>	<b>¾ cup tomato or pasta sauce</b>
<b>¾ cup chopped onions</b>	<b>3 tbsp grated parmesan cheese (optional)</b>

### Preparation:

1. Preheat oven to 350°F. Spray 13X9 baking dish with nonstick cooking spray.
2. In a small saucepan, bring stock to a boil; stir in rice, cover, reduce heat to low and cook 35-40 minutes or until rice is tender. Drain excess liquid.
3. Meanwhile, cut each zucchini in half, lengthwise. In a large pot of boiling water, cook zucchini 4 minutes; drain. When cool enough to handle, carefully scoop out pulp, leaving shells intact. Chop pulp and set aside. Put zucchini shells into prepared baking dish.
4. In large nonstick frying pan sprayed with vegetable spray, heat oil over medium-high heat. Add garlic and onions; cook 3 minutes or until softened. Stir in mushrooms, capers, basil and oregano; cook 5 minutes or until mushrooms are browned. Stir in zucchini pulp; cook 2 minutes. Remove from heat.
5. Stir in cooked rice, tomato sauce and 1 tbsp of parmesan cheese, if desired, into vegetable mixture. Stuff mixture evenly into zucchini boats, mounding filling high. Sprinkle with remaining parmesan cheese, if desired. Cover dish tightly with foil.
6. Bake 15 minutes or until heated through. Serves 4 as a side dish (or 2 as an entrée).



### Nutritional Information (per serving)

<b>Calories</b>	<b>135</b>
<b>Protein</b>	<b>6g</b>
<b>Fat, total</b>	<b>2g</b>
<b>Fat, saturated</b>	<b>0.2g</b>
<b>Carbohydrates</b>	<b>27g</b>
<b>Sodium</b>	<b>404mg</b>
<b>Cholesterol</b>	<b>0mg</b>
<b>Fiber</b>	<b>5g</b>