



Vegan Quinoa-Stuffed Grilled Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 0.1 teaspoon ground pepper
- 0.5 medium garlic clove coarsely chopped
- 0.3 teaspoon ground cumin
- 6 servings kosher salt
- 1 teaspoon juice of lemon freshly squeezed
- 0.8 teaspoon lemon zest finely grated (from 1 medium lemon)
- 2 tablespoons olive oil

- 2 tablespoons parsley fresh italian finely chopped
- 0.5 cup quinoa
- 0.5 cup cashew pieces raw
- 1.3 cups water
- 2 pounds zucchini
- 24 frangelico
- 24 frangelico

Equipment

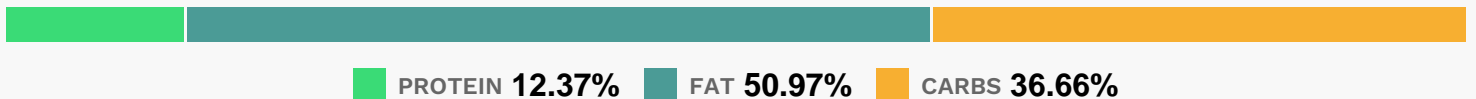
- frying pan
- baking sheet
- sauce pan
- sieve
- blender
- toothpicks
- wooden spoon
- grill

Directions

- Place the water and cashews in a blender and let sit until softened, about 2 hours.
- Add the oil, garlic, measured salt, cumin, and cayenne and blend until smooth.
- Transfer to a medium saucepan. Rinse the quinoa in a strainer under cold water until the water runs clear.
- Transfer to the saucepan with the cashew mixture and stir to combine. Bring to a simmer over medium heat. Reduce the heat to low and continue to simmer, stirring occasionally with a wooden spoon and making sure to scrape the bottom and sides of the pan, until the white outer casings on the quinoa have popped, revealing translucent little beads, about 15 to 20 minutes. (While the quinoa is cooking, heat the grill and prepare the zucchini.)
- Remove from the heat.
- Heat a charcoal or gas grill to medium high (about 375°F to 425°F).

- Cut each zucchini in half lengthwise. Using a small spoon, scoop out and discard the flesh, leaving about 1/4 inch intact around the outer edge.
- Place the zucchini halves on a baking sheet.
- Brush the inside and outside of the zucchini halves with all of the oil, then generously season both sides with salt and pepper; set aside. When the quinoa mixture is ready, divide it evenly among the zucchini halves, spreading it into an even, flat layer. Close the zucchini halves, matching the halves if possible, to sandwich the filling. Secure each zucchini with 4 toothpicks, crossing 2 toothpicks at each end.
- Place the stuffed zucchini on the grill. Close the grill and cook until grill marks appear on the bottom, about 6 minutes. Carefully flip the zucchini over, close the grill, and cook until grill marks appear on the second side and the filling is heated through, about 5 to 6 minutes more.
- Transfer to a serving platter, remove the toothpicks, and serve.

Nutrition Facts



Properties

Glycemic Index:28.53, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:13.650434804999%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 180.39kcal (9.02%), Fat: 10.77g (16.57%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 14.44g (5.25%), Sugar: 4.47g (4.96%), Cholesterol: 0mg (0%), Sodium: 211.43mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Manganese: 0.76mg (37.84%), Vitamin C: 29.65mg (35.94%), Vitamin K: 35.05µg (33.38%), Magnesium: 88.37mg (22.09%), Copper: 0.41mg (20.65%), Phosphorus: 187.89mg (18.79%), Vitamin B6: 0.37mg (18.35%), Folate: 67.34µg (16.84%), Potassium: 558.73mg (15.96%), Fiber: 2.98g (11.93%), Iron: 2.11mg (11.73%), Vitamin B2: 0.2mg (11.54%), Vitamin B1: 0.17mg (11.15%), Zinc: 1.57mg (10.49%), Vitamin E: 1.32mg (8.83%), Vitamin A: 435.84IU (8.72%), Selenium: 3.7µg (5.28%), Vitamin B5: 0.52mg (5.21%), Vitamin B3: 1.04mg (5.2%), Calcium: 40.43mg (4.04%)