



Zucchini Stuffed with Farro, Red Pepper and Feta

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil (plus more for topping) chopped
- ☐ 0.3 cup farro
- ☐ 0.5 cup feta (crumbled plus more for topping)
- ☐ 3 clove garlic (minced peeled (and)
- ☐ 6 pinch kosher salt (plus more to taste)
- ☐ 0.3 pound mushroom (chopped ()
- ☐ 0.5 teaspoon olive oil (plus more for drizzling)

- ☐ 0.3 cup pistachios chopped
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 cup water or as needed ()
- ☐ 0.5 cup white wine

Equipment

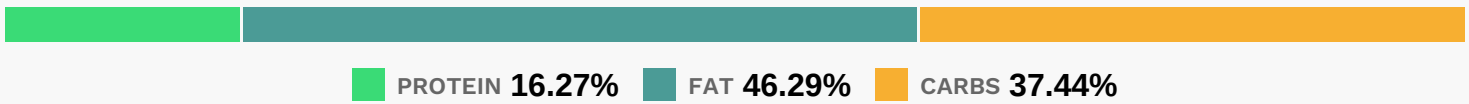
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ cutting board
- ☐ melon baller

Directions

- ☐ Cook farro in plenty of rapidly boiling salted water until tender, about 30 minutes.
- ☐ Drain and cool.
- ☐ Heat the oven to 400 degrees. Grease a 5-quart gratin dish with olive oil.
- ☐ Cut the zucchini in half lengthwise and use a melon baller or serrated spoon to remove the insides of the zucchini to make what looks like a canoe. If using a melon baller, use the large scoop to remove most of the pulp in balls and then the small scoop to smooth the sides. Leave about one-quarter inch of the flesh at the sides and a little more at the bottom. Collect the pulp on a cutting board and chop coarsely. Season the inside of the zucchini boats lightly with salt and steam over rapidly boiling water until almost tender, about 5 minutes.
- ☐ Heat 2 tablespoons olive oil in a large skillet and add the onion. Cook until it softens, about 5 minutes.
- ☐ Add the red bell pepper and cook until soft, about 5 minutes.
- ☐ Add the chopped zucchini pulp and basil and cook until dry, about 10 minutes.
- ☐ Increase the heat to high.
- ☐ Add the mushrooms and cook until soft, 5 minutes.
- ☐ Add the garlic and red pepper flakes and cook until fragrant, about 3 minutes.
- ☐ Add the white wine and cook until dry. Set aside to cool.

- ☐
- Stir the cooked farro, pistachio and feta into the cooled vegetable mixture. Season to taste with salt and freshly ground black pepper, and spoon the mixture into the hollowed-out zucchinis, mounding on top. It will take 4 to 6 tablespoons per zucchini half. Arrange the stuffed zucchini in the gratin dish; they may fit quite tightly.
- ☐
- Sprinkle the tops with more crumbled feta.
- ☐
- Pour the water into the baking dish so it just covers the bottom.
- ☐
- Bake until the tops have browned, about 15 to 20 minutes.
- ☐
- Drizzle the top of each zucchini with a little more olive oil, transfer to a serving platter and scatter over more slivered basil.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:5.9665217166362%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 117.47kcal (5.87%), Fat: 5.53g (8.51%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 7.98g (2.9%), Sugar: 1.05g (1.17%), Cholesterol: 11.13mg (3.71%), Sodium: 187.64mg (8.16%), Alcohol: 2.06g (100%), Alcohol %: 2.43% (100%), Protein: 4.38g (8.75%), Manganese: 0.25mg (12.28%), Vitamin B2: 0.21mg (12.08%), Phosphorus: 108.61mg (10.86%), Vitamin B6: 0.21mg (10.67%), Selenium: 7.39µg (10.55%), Copper: 0.18mg (9.1%), Fiber: 2.09g (8.37%), Calcium: 77.76mg (7.78%), Vitamin B1: 0.1mg (6.64%), Vitamin B3: 1.31mg (6.54%), Zinc: 0.81mg (5.37%), Magnesium: 20.4mg (5.1%), Potassium: 168.52mg (4.81%), Vitamin B5: 0.47mg (4.75%), Vitamin K: 4.95µg (4.72%), Iron: 0.71mg (3.96%), Vitamin B12: 0.22µg (3.65%), Folate: 12.69µg (3.17%), Vitamin A: 153.45IU (3.07%), Vitamin C: 1.33mg (1.62%), Vitamin E: 0.23mg (1.55%)