

## Zucchini Bateaux



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### Ingredients:

3 large zucchini  
½ c. cooked brown rice  
2 t. chopped parsley  
1 carrot, very finely diced  
2 T. pine nuts  
1 clove garlic, crushed  
1 T. freshly squeezed lemon juice  
1 T. fresh oregano, chopped or 1 t. dried  
1 t. granulated onion  
½ t. salt  
½ c. bread crumbs  
¼ c. grated parmesan cheese  
Olive oil

### Instructions:

Trim ends of zucchini. Cut each in half lengthwise, then cut each in half crosswise. Scoop out the centers of each using a melon ball tool, leaving a ¼-inch edge on all sides. Finely chop the scooped-out portion from two zucchini and place in a medium mixing bowl, reserving the third for another use.

Add the remaining ingredients, all except the bread crumbs, cheese and olive oil and mix well. Divide the filling mixture among all the shells, mounding as needed.

In a small bowl, mix the bread crumbs and cheese. Top each zucchini with one tablespoon on the mixture. Place filled zucchini in a greased baking dish. Drizzle each with olive oil.

Bake uncovered in a 350-degree oven for 30 – 35 minutes until zucchini is tender and top is golden. Serves 6

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