



# MEDITERRANEAN QUINOA STUFFED ZUCCHINI

**SERVES 2 OR 4**  
TIME: 45 MIN  
CALORIES: 710/SERVING



Caramelized onions, garlic, sun-dried tomatoes, olives, fresh spinach, oregano, pine nuts, fresh lemon and vegan feta get mixed with fluffy quinoa then stuffed in tender roasted zucchini boats for a Mediterranean plant-powered meal.

## WHAT YOU'LL NEED

- Small pot
- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper



### WHAT'S INSIDE

	2 servings	4 servings
Quinoa	3/4 cup	1.5 cups
Onion	1	2
Garlic	1 clove	2 cloves
Mediterranean mix	1/2 cup	1 cup
Spinach	2 cups	4 cups
Zucchini	2	4
Lemon	1	1
Pine nuts	1.5 tbsp	3 tbsp
Vegan feta	1/2 cup	1 cup

### Nutrition Facts Valeur nutritive

Per (624 g)		
Pour 1 (624 g)		
<b>Calories 710</b>	<b>% Daily Value*</b>	
	<b>% valeur quotidienne*</b>	
<b>Fat / Lipides 35 g</b>	<b>47 %</b>	
Saturated / saturés 10 g	50 %	
+ Trans / trans 0 g		
<b>Carbohydrate / Glucides 89 g</b>		
Fibre / Fibres 16 g	57 %	
Sugars / Sucres 21 g	21 %	
<b>Protein / Protéines 19 g</b>		
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>	
<b>Sodium 730 mg</b>	<b>32 %</b>	
Potassium 1600 mg	34 %	
Calcium 300 mg	23 %	
Iron / Fer 12.5 mg	69 %	

\*5% or less is a little 15% or more is a lot  
\*5% ou moins c'est peu 15% ou plus c'est beaucoup

## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat the oven to 350°F and prep your ingredients: rinse and drain the **quinoa**, dice the **onion**, mince the **garlic**, chop the **spinach**, crumble the **feta**, halve the **zucchini**s and **lemon**, and finely chop the **mediterranean mix** into a rough paste.



Add the **quinoa** to a small pot with 1.5 cups of **water** (3 cups for 4 servings). Bring to a boil then lower to a simmer, cover and cook for 15 minutes until water is absorbed. Set aside.



Carefully score the **zucchini** and use a spoon to scoop out the flesh and set aside. Arrange the **zucchini boats** on a baking sheet lined with a silicone baking mat (or lightly greased) and brush with a little **oil**. Season generously with **salt** and **pepper**. Bake for 20-25 minutes.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium-high. Add the **onion** and sauté for 5 minutes, then add the **garlic** and sauté for another 3 minutes, until fragrant and golden. Mix in the **reserved zucchini flesh** and cook for 4 more minutes.



Reduce heat to medium and add the **cooked quinoa**, **spinach**, **Mediterranean paste**, **half the pine nuts**, a **squeeze of lemon juice**, **salt** and **pepper**, and the **feta**. Cook just until heated through and **spinach** has wilted.



Taste and adjust **salt**, **pepper**, and **lemon juice** as necessary. Spoon **mixture** into **zucchini boats** and top with **pine nuts** and a **squeeze of lemon**.