



Ingredients

Serves 4-6

Vegan or Lacto-Ovo Vegetarian

- 1 large Zucchini, about 12" long
- 2 cups Quinoa, cooked
- 1 large Tomato chopped
- ¼ cup mild salsa
- ¼ cup Fresh Basil, chopped
- 1 cup Tomato Sauce
- ½ cup Feta Cheese, Fat free or whole milk as preferred or vegan cheese of choice
- Pinch of Thyme optional
- Salt and pepper optional

Peel entire zucchini if skin is course. Next, cut zucchini long ways in half, then remove seeds to hollow each side to make a boat. Cut each boat in halve so you have four six-inch pieces. In a separate bowl gently mix quinoa, tomato, salsa and basil together. Using an oven proof baking dish cover bottom with ½ the tomato sauce. Place the zucchini boats in the baking dish and fill with quinoa mixture. Drizzle remaining tomato sauce over the zucchini. Top with cheese and remaining seasonings.

Bake at 350 degrees Fahrenheit for 40 minutes. Serve with corn on the cob and salad.