**Stuffed Zucchini Boats**
from aspicyperspective.com
- Vegetarian friendly
- Major Allergens: Dairy, nuts

**Level of Difficulty:** 🍅🍅🍅

**10 Servings**

**Nutrition Facts per Serving:**
- Calories: 127
- Protein (g): 4
- Fat (g): 5
- Carbohydrate (g): 13

**Ingredients:**
- 5 zucchini squash
- ¾ C dried quinoa
- 2 tablespoons olive oil, divided
- ½ cup chopped red bell pepper
- ½ cup chopped yellow bell pepper
- ¼ cup chopped red onion
- 2 cloves garlic, minced
- 1 tablespoon tarragon
- ¼ cup grated parmesan cheese
- 1 oz pine nuts
- Salt + pepper

**Instructions:**

1. Preheat the oven to 450 degrees F. Place the quinoa in a medium sauce pot. Add 1 tablespoon of olive oil and heat to high. Stir to coat the quinoa in the oil, then add 1 1/2 cups water and cover the pot. Bring to a boil. Stir. Then lower the heat to medium-low and simmer the quinoa, covered, for approximately 15 minutes. Fluff with a fork and set aside.

2. Meanwhile, chop the peppers, onions, garlic and tarragon. Use a spoon to scoop a long trench out of the center of each zucchini and place the halves in two 9x13-inch baking dishes.

3. Place 1 tablespoon of oil in a skillet and sauté the onions over medium heat for 2 minutes. Then add the peppers and garlic and sauté another 2-3 minutes. Toss in the cooked quinoa and tarragon and turn off the heat. Salt and pepper the quinoa to taste.

4. Spoon the quinoa into the center of each zucchini half. Sprinkle the tops with pine nuts and Parmesan cheese. Then bake for 12-15 minutes, until the Parmesan is golden. The zucchini should be lightly cooked, but firm. Serve warm!