



## Mushroom Stuffed Zucchini

2 servings

4 medium zucchini  
10 oz baby bella mushroom, about 3 cups  
1 pint cherry tomatoes, about 2 cups  
4 Tb olive oil  
6 cloves garlic, minced  
½ cup cilantro, stems removed, chopped  
¼ cup black olives, chopped  
1 Tb lemon juice  
½ tsp Celtic sea salt  
¼ tsp red pepper flakes

Marinara Sauce (optional)

- Preheat oven to 400
- Cut the zucchini in half lengthwise so you have 8 long halves. Using a small scoop or teaspoon scoop out the insides leaving about ¼" all around. Sprinkle the inside of the 8 zucchini boats with salt and pepper. Place on a large oven grill tray
- Cut the mushroom in half and slice them into 4-5 slices.
- Cut the cherry tomatoes in quarters.
- In a large mixing bowl, mix together the mushrooms, tomatoes, olive oil, garlic, cilantro, olives and lemon. Mix together.
- Season with salt and pepper and mix. Taste it to see if you want more salt or pepper.

- Spoon the mushroom mixture into zucchini boats. If there are any vegetables left over place them around the zucchini boats on the tray.
- Place the tray in the oven for 30 minutes.
- Cover the tray with foil and bake for 10 minutes more until the zucchini boats are tender but not mushy.
- Serve hot or at room temperature. Optionally you can serve it with marinara sauce. (below)

### **A few more things...**

- Instead of zucchini you can get 4 large yellow, red or orange peppers, cut them in half, scoop out the seeds and stuff the mushroom mixture into them.

### **Raw Marinara Sauce**

1 ½ cup grape or plum tomatoes  
 1 date ,soaked if dry  
 ¼ cup sundried tomato, soaked if dry  
 ½ tsp fresh thyme  
 ¼ sp fresh oregano  
 ¼ cup fresh basil  
 ¼ cup extra virgin olive oil  
 ½ tsp Celtic sea salt

- In a blender, blend all sauce ingredients until smooth to make the marinara sauce
- This will keep 2-3 days in the refrigerator