

Farro Stuffed Zucchini

Ingredients:

3 large zucchini

½ cup farro

¼ cup sundried tomatoes, chopped
(preferably oil-packed)

¼ cup feta cheese, crumbled

¼ cup walnuts, chopped

¼ tsp Italian seasoning

Olive oil

Salt and peper



Preheat the oven to 375 degrees Fahrenheit. Halve the zucchini, rub with olive oil and sprinkle with salt and pepper. Bake at 375 for 20 minutes.

While the zucchini is roasting, rinse ½ cup farro in a large mesh strainer under running water. Bring 1 cup water to a boil and add the rinsed farro and a pinch of salt. Return to a boil then reduce the heat, cover and simmer for 20-25 minutes.

Let the zucchini cool slightly after removing from the oven then scoop out the flesh and coarsely chop the flesh. (Use the back of a spoon or a small melon baller to scoop out the zucchini).

Mix together the chopped zucchini flesh, cooked farro, sun dried tomatoes, walnuts, seasoning and feta cheese. Spoon this filling into the zucchini shells, return to the oven and roast for another 15 minutes.

Makes 3 “hearty” servings or 6 “side dish” servings.