



The Edible Garden

Recipe featured at the
Cooking for Kids demonstration, September 7

Couscous on the Loose in Zucchini Boats

By: Lorraine Mull, Growing Chefs Instructor

Ingredients (*Makes 6 servings of 2 stuffed zucchini halves*)

- 6 medium zucchinis (about 2 pounds)
- 2 ¼ cups organic vegetable broth or water
- ½ cup chopped shallots
- 2 cups fresh spinach (or 1 package of frozen spinach)
- ¾ cup uncooked couscous
- ½ cup (2 ounces) diced feta cheese
- ¼ cup chopped fresh mint
- 3 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon salt

Instructions

1. Preheat grill to medium-high heat. You could also use the oven or a sauté pan.
2. Cut each zucchini in half lengthwise and scoop out the pulp and seeds with a spoon. Spray both sides of the zucchini lightly with an oil spray and sprinkle a little salt on the inside.
3. Place zucchini halves on hot grill (or in oven or sauté pan) for about 5-8 minutes on each side, depending on thickness and how hot the grill is. The zucchinis should be not too hard and not too soft when done.
4. Meanwhile, place broth or water in a large pot over medium-high heat and bring to a boil.
5. Add chopped shallots and spinach and cook for about 5 minutes.
6. Stir in couscous, place a tight-fitting cover on the pot, and remove from heat. Let stand for about 5 minutes
7. Place couscous mixture in a large bowl. Stir in cheese, mint, lemon juice, olive oil, salt, and pepper.
8. Stuff the zucchini boats with the couscous mixture and enjoy!

