

MEDITERRANEAN ZUCCHINI BOATS

GLUTEN-FREE

Ingredients:

- 4 zucchini
- 1 lb grass-fed organic beef (85/15)
- 1.5 cups cooked brown basmati rice
- Juice and zest of 1 lemon
- ½ onion, chopped
- 4 cloves garlic, minced
- 1 cup grape tomatoes, quartered
- ½ cup feta
- 2 sprigs mint, chopped
- ⅓ cup fresh parsley, plus extra for garnish
- 1 tbsp cumin
- 1 tbsp dill, plus extra for garnish
- Extra virgin olive oil
- Salt and pepper

Instructions:

1. Preheat oven to a toasty 400°F.
2. Slice zucchini lengthwise in half and scoop out the insides; set aside. [save zucchini guts for zucchini bread]
3. Sauté onions until translucent, add garlic for about a minute. Add in the meat and break apart with wooden spoon, and cook until fully browned. Then add tomatoes for another minute and stir in the cooked rice.
4. Add cumin, dill, parsley, mint, half of the lemon zest, and half of the lemon juice. Mix and let it cook for a few minutes on low heat.
5. Fill the zucchini boats with the mixture and top with feta.
6. Bake for 15-18 minutes or until the feta starts to become golden.
7. Remove from the oven and garnish with parsley, dill, mint, remaining lemon zest, and lemon juice. Enjoy!

Love,

Colie