

A photograph of several fresh green zucchinis on a rustic wooden surface. Some are whole, while others are cut in half lengthwise. A small bunch of fresh green herbs, likely parsley or dill, is visible in the upper left corner. The background is a light-colored wooden surface with a natural grain pattern.

ZUCCHINI BOATS

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

This fun, no-oven summer recipe has a Mediterranean flair and is great for those hot summer days.

INGREDIENTS

- extra virgin olive oil
- 4 large zucchini
- 1 TB dried oregano or Italian seasoning
- 8 oz cherry tomatoes, halved
- 4 green onions, trimmed and chopped
- 1/2 c feta, crumbled (optional)
- 8 to 10 fresh mint leaves, chopped
- 1 bunch fresh parsley or dill, chopped
- zest of 1 lemon
- 1 tsp lemon juice
- salt and pepper, to taste

PREPARING THE FILLING:

Add all of the ingredients (except zucchini) into a bowl and toss together.

PREPPING THE ZUCCHINI:

1. Put the zucchini halves into a bowl and drizzle with 2 TB olive oil and a sprinkle of salt and pepper.
2. Lightly oil the grates of your grill or griddle and heat it up to medium high.
3. Once it's hot, place the zucchini flesh side down and grill about 4 minutes. You want to give them enough time for the flavor to really deepen. It's okay if there are some char marks. (that's a good thing.)
4. Flip the zucchini over and grill for another 4-5 minutes with the skin side down.
5. Remove the zucchini from the heat and let them cool until they are cool enough to handle.

ASSEMBLING THE ZUCCHINI BOATS:

1. Scoop out the center of each zucchini and add it to the filling
2. Squeeze or blot the liquid from the grilled zucchini.
3. Scoop in the filling and enjoy!