

Stuffed Round Zucchini

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4 Round Zucchini	1¼ Teaspoons Salt
1½ Tablespoons Coconut Oil	2 Cups Water
½ Cup Diced Onion	1 Pound Ground Turkey
½ Cup Diced Bella Sun Luci Sun Dried Tomatoes Julienne Cut, Italian Style	¼ Teaspoon Fresh Cracked Black Pepper
1 Cup Black Rice	1 Teaspoon Italian Seasoning
	½ Teaspoon Paprika

Preheat oven to 375°F. Heat 1 tablespoon coconut oil in a pot over medium heat. Add the diced onions and tomatoes, and saute until the onions are translucent, about 7 minutes. Add in the rice and toast for about 1-2 minutes, and then add the water and ½ teaspoon of the salt. Turn the heat up to high, cover, and bring to a boil. Once boiling, reduce heat to low, and simmer for 40 minutes. While the rice is boiling, heat a pan over medium heat, and add ½ tablespoon of the coconut oil, turkey, ½ teaspoon salt, pepper, Italian seasoning, and paprika. Break up the meat, and cook until browned, about 10 minutes. While the rice continues to cook, cut the zucchini tops off, and reserve. Hollow out the zucchini using a spoon with a sharp edge. A mellow baller works fantastic for this too. Dice the leftover zucchini, and add to the turkey. When the rice and turkey are finished cooking, combine the two, and then stuff the hollowed-out zucchini. You'll have stuffing left over, so reserve in a dish, and keep warm. Transfer the stuffed zucchini to an oven-proof baking dish, spray with a little olive oil and sprinkle with a touch of salt. Bake at 375°F for 30 minutes, until the zucchini is just tender, but still has a little crunch to it. Serve with the extra stuffing, and top with more diced Bella Sun Luci Sun Dried tomatoes!

Nutritional Information per serving:

Calories	375
Total Fat	8.9g
Saturated Fat	4.7g
Cholesterol	69.8mg
Sodium	668mg
Carbohydrates	45.5g
Fiber	5.9g
Sugars	9.2g
Protein	36g