

Moroccan-Spiced Stuffed Zucchini

Adapted from: <https://thestingyvegan.com/vegan-stuffed-squash/>

Serves 4 PREP 15 min COOK 30 min

INGREDIENTS

- 2 medium zucchini
- ½ cup couscous
- ½ cup plus 4 tablespoons water
- 1 medium onion, diced
- 4 cloves of garlic, minced
- 2 teaspoons cinnamon
- 2 teaspoons dried ginger
- 2 teaspoons dried cumin
- ½ teaspoon cayenne pepper
- 1 can (14-oz) diced tomatoes
- 1 cup cooked chickpeas
- 1 teaspoon salt
- ¼ cup raisins or chopped dates
- 1 ½ tablespoons tahini
- 2 tablespoons lemon juice
- A small handful of cilantro
- Optional: roasted pumpkin or sunflower seeds to garnish



INSTRUCTIONS

1. Preheat the oven to 400F. Cut the zucchinis in half and scoop out the seeds, then bake, cut side up, for 30 minutes or until soft and can be pierced with a fork. Remove from the oven and season the inside with a pinch of salt.
2. While the zucchini bakes, prepare the filling. Heat a pan over medium heat and add the couscous. Toast the couscous, stirring regularly, until golden brown then add ½ cup of water, cover the pan and remove it from the heat. Set aside for 5 – 10 minutes to cook then remove the lid and fluff the couscous with a fork.

Let Fit Happen

3. In a separate pan, saute the onion and garlic until soft and transparent. Reduce the heat to medium and add the cinnamon, ginger, cumin and cayenne and saute for about 20 seconds, stirring, to release the aromas. Add the diced tomatoes and chickpeas and simmer for a couple of minutes until you have a thick sauce. Add the couscous and salt, mix well and remove from the heat.
4. To make the sauce, combine the raisins, tahini, 4 tablespoons of water and lemon juice in a small bowl and mix.
5. Divide the filling between the four zucchini halves, top with fresh cilantro and drizzle over the sauce. Top with roasted pumpkin or sunflower seeds as desired.

T's NOTES: for a lower-fat version, use water or vegetable broth (vs. oil) to saute.