

“VEGETARIAN AND QUINOA STUFFED COURGETTES/ZUCCHINI”

This is a delicious and healthy recipe at the same time, which can be enjoyed by vegetarian and non-vegetarian people because it is completely tasty. It is also very quick and easy to make.

-Serves: 4

- Ingredients:

-A pinch of salt (pepper optional)

- 4 tbsp olive oil

- 1 cup quinoa

-Medium onion and a garlic

-Some mushrooms

-4 courgettes

-cheese (optional)

- Directions:

1-Cut the courgettes in the middle. Empty the courgettes.

2-At same time, boil the quinoa.

3-In another pan fry the stuffed courgettes, the chopped mushrooms, the onion and the garlic in a saucepan with the 4 tablespoons of the olive oil and a pinch of salt, also pepper if you want.

4-When the vegetables are half done, and the quinoa boiled, mix in a bowl all this.

5-Stuff the courgettes with the mix (quinoa and vegetables) and put in the oven for fifteen minutes.

6-At the end, if you wish you can sprinkle a little quantity of cheese on top of the courgettes and grate it.

7-Serve in a tray and enjoy your meal!!

