

Zucchini Ripeina (Potato Stuffed Zucchini)

This is a quick dinner my grandmother puts together when she's not in the mood for pasta. It is filling and warms your insides. The combination of potatoes and zucchini is moist and creamy. These can be made up to one day ahead and reheated if you prefer.

4 zucchini
5 Yukon Gold potatoes, peeled and cubed
1/4 cup (50 mL) extra-virgin olive oil
2 cloves garlic, minced
1 egg, lightly beaten
1/3 cup (75 mL) chopped fresh Italian parsley
1/4 cup (50 mL) grated Parmesan cheese
1/2 tsp (2 mL) each salt and pepper
Pinch paprika

Trim ends of zucchini. Cut each in half lengthwise. Using small spoon scoop out inside seeds and some of the flesh, leaving at least 1/2 -inch (1 cm) thick wall.

In large pot of boiling salted water, cook zucchini for about 8 minutes or until tender-crisp. Remove from water with slotted spoon and drain; set aside.

In same pot, add potatoes and cook, for about 20 minutes or until tender. Drain well and return to pot. Using potato masher, mash potatoes with 3 tbsp (45 mL) of the oil and garlic. Let cool slightly.

Stir in egg, parsley, cheese, salt and pepper. Fill each zucchini half with mashed potato mixture. Place in single layer in large greased shallow casserole dish. Sprinkle tops with paprika. Drizzle zucchini with remaining oil; cover with foil. Bake in centre of 400°F (200°C) oven for about 15 minutes or until steaming and zucchini is tender. Remove foil and bake for another 5 minutes or until potatoes are light golden.

Makes 4 to 6 servings.

For each of 6 servings: 240 calories, 6 g protein, 12 g fat, 27 g carbs and 4 g fibre
Tip: This is also a delicious side dish for any holiday or family meal.

