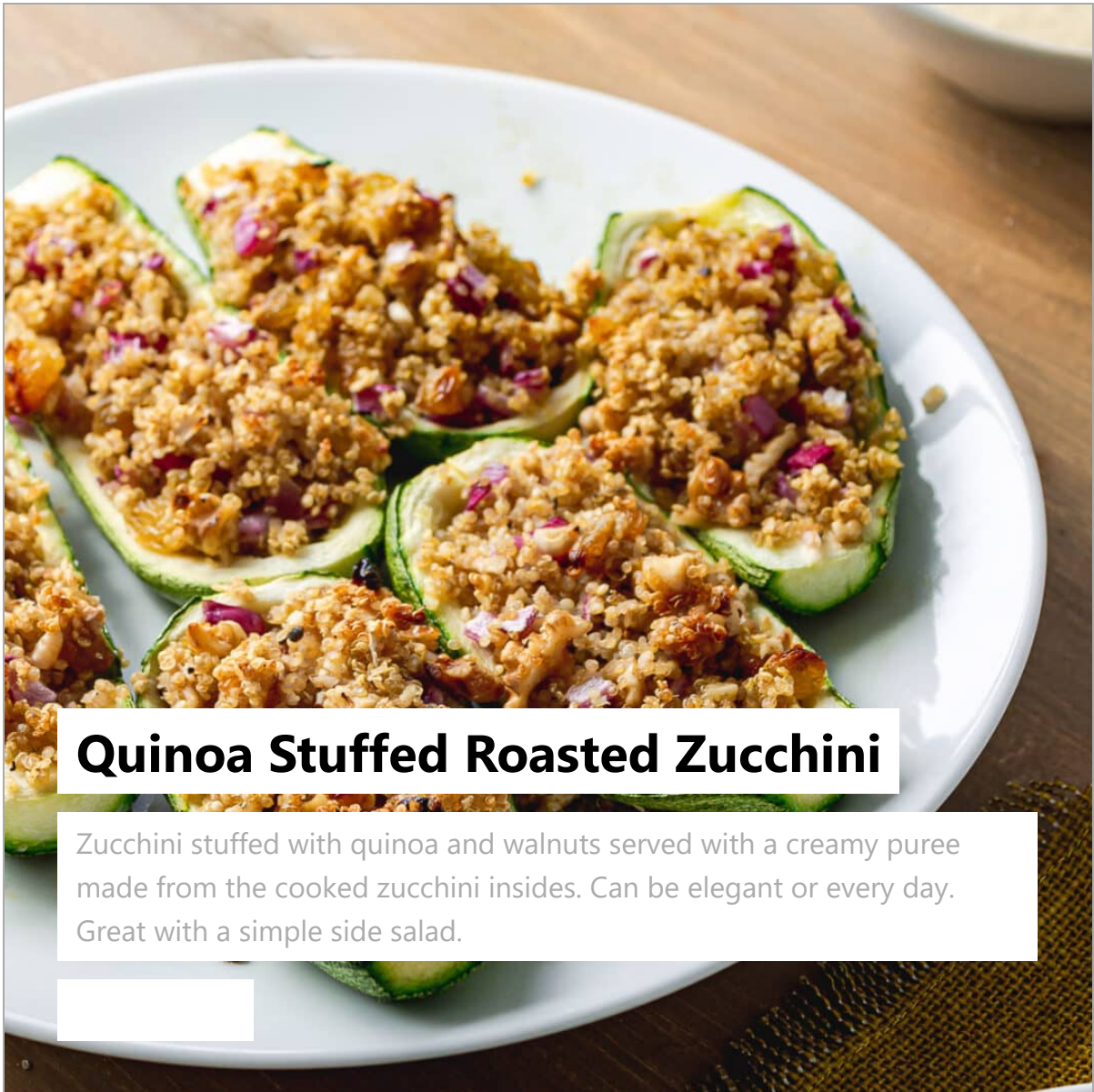


COOKING FOR WELLNESS

July 2025



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GREATER ANN ARBOR



Quinoa Stuffed Roasted Zucchini

Zucchini stuffed with quinoa and walnuts served with a creamy puree made from the cooked zucchini insides. Can be elegant or every day. Great with a simple side salad.

[Email Recipe](#)

Prep Time:
20 minutes

Cook Time:
25 minutes

Total Time:
45 minutes

Course: Main Course, Vegetables Cuisine: Mediterranean

Diet: Gluten Free, Vegan

Keyword: healthy stuffed zucchini, quinoa stuffed zucchini, stuffed zucchini, vegetarian stuffed zucchini

Servings: 4 people Calories: 386kcal Author: Oh My Veggies

Ingredients

- ½ cup quinoa
- 4 large zucchini or summer squash

- ½ cup walnuts
- ¼ cup golden raisins
- 1 red onion diced
- ½ tsp ground coriander
- 1 tsp salt
- ¼ tsp ground pepper
- lemon zest from one lemon
- lemon juice from one lemon
- 2 cloves garlic minced
- ¼ cup olive oil divided

Instructions

1. Preheat oven to 375°F. Line a baking sheet with aluminum foil.
2. Cook quinoa according to package instructions. Set aside.
3. Wash and dry zucchini. Slice off both ends and cut in half lengthwise.
4. Scoop about 1 - 1 ½" deep out of the zucchini flesh. Set extra flesh aside for later. Place zucchini boats open side up on baking sheet.
5. Coarsely chop raisins and walnuts.
6. In a medium bowl, combine quinoa, walnuts, raisins, and ½ cup diced onions. Add coriander, pepper, lemon zest, and ½ tsp salt.
7. Mix the filling thoroughly. Scoop into the hollowed-out zucchini, packing in as tightly as possible. Drizzle 2 tbsp of olive oil over the zucchini.
8. Bake for 25 minutes until zucchini is slightly soft and quinoa mixture looks lightly browned on top.
9. While zucchini is baking, prepare puree.
10. Heat 2 tbsp olive oil in a medium saucepan over medium heat. Caramelize ½ cup diced onion in oil for 4-5 minutes, stirring frequently.
11. Reduce heat to med-low. Add minced garlic, ¼ tsp salt, and scooped out zucchini insides. Stir in lemon juice.
12. Cook for 10 minutes, stirring regularly, until very soft. Using an immersion blender or transfer to a regular blender and puree until light and creamy.
13. When zucchini are baked, serve immediately with the puree on the side as a sauce.

Nutrition

Calories: 386kcal

Fat: 25g

Potassium: 881mg

Carbohydrates: 36g

Saturated Fat: 3g

Fiber: 6g

Protein: 9g

Sodium: 507mg

Sugar: 13g

Vitamin A: 425IU

Vitamin C: 47mg

Calcium: 79mg

Iron: 3mg

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Grilled Zucchini, White Bean, Tomato and Tortellini Pasta Salad

★★★★☆
4.34 from 3 votes

A fresh, flavorful and filling main dish pasta salad with plenty of veggies!

Prep Time 15 mins	Cook Time 10 mins	Total Time 25 mins
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Course: Salads, Vegetarian + Vegan Cuisine: American

Keyword: pasta salad, tortellini pasta salad Servings: 4 servings Author: Danae Halliday

Ingredients

Pasta Salad

- 10 ounce package cheese tortellini
- 2 cups grilled and diced zucchini, approx. 3 zucchini
- 2 cups cannellini beans. rinsed and drained
- 1 cup halved cherry tomatoes
- 1/4 shredded parmesan cheese
- Kosher salt and fresh ground black pepper to taste

Basil Vinaigrette

- 1/4 cup fresh basil leaves, lightly packed
- 2 tablespoons white wine vinegar
- 2 tablespoon olive oil
- 1 tablespoon honey
- 1 teaspoon dijon mustard
- 1/2 teaspoon garlic powder
- Kosher salt and fresh ground black pepper to taste

Instructions

Basil Vinaigrette

1. Put all of the ingredients for the vinaigrette in a blender and blend until smooth. Taste for seasoning and set aside.

Pasta Salad

1. Cook the tortellini according to package instructions. Rinse under cold water, drain and place into a serving bowl.
2. Add in the remaining ingredients along with the basil vinaigrette and toss together until coated. Taste for seasoning then serve immediately or cover and refrigerate until ready to serve.

Notes

- If you plan to make this in advance, wait until just before serving to add the vinaigrette.

- If calories and fat are a concern be sure to check the nutritional information of the tortellini as they can vary greatly. The package I used was 4 servings and 200 calories per serving.

Nutrition

Calories: 384kcal | Carbohydrates: 53g | Protein: 17g | Fat: 13g | Saturated Fat: 3g | Cholesterol: 27mg | Sodium: 525mg | Fiber: 8g | Sugar: 9g



☆☆☆☆☆ No ratings yet

ARUGULA AND WATERMELON SALAD WITH RED ONION, FETA AND PINE NUTS RECIPE

 [Janice](#)

Peppery arugula topped with sweet, icy cold watermelon, crunchy red onion slivers, briny crumbled feta, and balsamic vinegar that was so concentrated it tastes almost sweet. All things combine to form the perfect summer salad!

prep: 10 mins **cook:** 10 mins **Total:** 20 mins

calories: 188kcal **servings:** 4

SAVE

EQUIPMENT YOU'LL NEED

- [Kuhn Rikon Melon Knife, 1, Red/Green](#)

INGREDIENTS

FOR THE BALSAMIC REDUCTION

- ☐ ½ cup balsamic vinegar
- ☐ ½ tablespoon honey

FOR THE SALAD

- ☐ 4 cups Baby Arugula
- ☐ 3 cups Seedless watermelon (cubed)

- ☐ 1/2 cup Pickled Red Onions
- ☐ 1/4 cup Feta cheese (crumbled)
- ☐ Pine nuts (to taste)
- ☐ Extra virgin olive oil (to taste)
- ☐ Kosher salt (to taste)

INSTRUCTIONS

- 1 To make the balsamic reduction
- 2 Combine balsamic vinegar and honey in a small saucepan over medium heat. Heat until just boiling.
- 3 Reduce heat to low (a slow simmer), stir occasionally, and simmer until volume is reduced by at least half. The balsamic will continue to thicken as it cools. Once completely cool, store in the refrigerator. I like to keep mine in a mini mason jar.
- 4 To make the salad
- 5 Drizzle arugula with a little bit of olive oil and season with Kosher salt.
- 6 Top with cubed watermelon, red onions, feta cheese, and pine nuts.
- 7 Drizzle generously with the balsamic reduction. Enjoy!!

NOTES

- Use goat cheese or shaved parmesan in place of the feta.
- Add several leaves of fresh mint along with the arugula for added flavor depth.

NUTRITION

Serving: 1g | Calories: 188kcal | Carbohydrates: 21g | Protein: 4g | Fat: 11g |
Saturated Fat: 2g | Polyunsaturated Fat: 7g | Cholesterol: 8mg | Sodium: 179mg |
Fiber: 1g | Sugar: 16g