Sausage & Quinoa Stuffed Zucchini

Makes 4 servings

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1 Tbsp. extra-virgin olive oil

3 links sweet or hot turkey sausage, casings removed

1 small onion, chopped

½ c. quinoa

1 c. water

1 c. quartered grape or cherry tomates

1 Tbsp. chopped fresh majoram or 1 tsp. dried

4 medium zucchini

¼ tsp. freshly ground pepper

1/8 tsp. salt

1/3 c. finely shredded Parmesan cheese

1. Heat oil in a large saucepan over medium-high heat. Add sausage and onion and cook, breaking the sausage into small pieces, until no longer pink, about 5 minutes. Add quinoa and water and bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the water is absorbed and the quinoa is tender, 15 to 20 minutes. Remove from heat and stir in tomatoes and majoram.
2. Meanwhile, cut zucchini half lengthwise. Cut a thin slice off the bottoms so each half sits flat. Scoop out the seeds and discard, scoop out enough pulp to leave a ¼ inch shell – add pulp to quinoa mixture. Place the zucchini shells in a microwave safe dish and sprinkle with pepper and salt. Cover and microwave on High until tender-crisp, 3 to 4 minutes. Uncover.
3. Position race in upper third of oven; preheat broiler to high.
4. Transfer zucchini to a broiler-safe pan (or pans). Fill with the quinoa mixture and sprinkle with cheese. Broil on the upper rack until the cheese is melted, about 2 minutes.