

Greek-style stuffed courgettes

Utilising herbs, seasoned breadcrumbs and tofu, this tasty Greek-style courgette makes for an easy to prepare, healthy meal.



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Serves 4

Ingredients

- Two courgettes, 25cm long
- ¼ cup dry sherry

Sauce

- Two tablespoons extra virgin olive oil
- One cup chopped onions
- Two cloves garlic, minced
- Two tablespoons tomato paste
- 3½ cups chopped tomatoes with juice
- One teaspoon minced fresh oregano or ½ teaspoon dried oregano
- ¼ teaspoon ground cinnamon
- One to four tablespoons dry sherry
- Salt and freshly ground pepper to taste

Filling

- One cup chopped onions
- Two cloves garlic, minced
- One tablespoon extra virgin olive oil

- One cup finely chopped, toasted walnuts
- ½ cup crumbled extra-firm tofu (preferably herb-flavoured)
- ¼ cup currants or raisins
- Three tablespoons fresh lemon juice
- Two cups cooked brown rice
- ⅓ cup seasoned breadcrumbs (optional)
- One dash olive oil (optional)
- Fresh oregano leaves (optional)

Method

Courgette preparation

1. Preheat the oven to 190°C.
2. Slice the courgette in half, lengthwise. With a paring knife, score the flesh about 1.25cm deep.
3. Place the cut sides down on a lightly oiled baking sheet. Sprinkle with sherry, cover with foil, and bake for about 20 minutes, until courgette flesh is yielding but still firm.

Sauce preparation

1. Meanwhile, heat the olive oil in a saucepan, add the onions and garlic, and sauté for about 10 minutes, until the onions are translucent.
2. Add the tomato paste, tomatoes, oregano, cinnamon, and sherry, and bring to a boil. Reduce the heat and simmer for 10 to 15 minutes.
3. Add the salt and pepper to taste, cover, and set aside.

Filling preparation

1. While the sauce is simmering, prepare the filling. Sauté the onions and garlic for about 10 minutes, until the onions become translucent.
2. In a bowl, combine the sautéed onions with the walnuts, tofu, currants, and lemon juice. Then stir in the rice.
3. When the courgettes are tender, use a spoon to scoop out the flesh, leaving a thin 6mm shell. Chop the flesh and add it to the filling.
4. Mound the filling in the shells and sprinkle with seasoned bread crumbs and olive oil, if desired.
5. Bake uncovered for about 30 minutes.
6. Ladle some of the tomato sauce onto each plate.
7. Place a stuffed courgette on the sauce and top with crumbled tofu.
8. Garnish with oregano, if you wish.

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