

Side Dish

Jambalaya-Stuffed Zucchini

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Palm Beach Post

Servings: 4

Preparation Time: 45 minutes

2 medium zucchini, halved lengthwise
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1 tablespoon olive oil
1 small red onion, diced
1 clove garlic, mixed
1/2 cup green bell pepper, diced
1/2 cup celery, diced
1/4 cup tomato paste
1/2 teaspoon Cajun seasoning
1 teaspoon hot sauce
1 teaspoon Worcestershire sauce
1/2 cup andouille sausage, chopped
1/2 cup cooked shrimp, chopped
1/2 cup cooked chicken breast half, shredded
1 cup cooked brown rice
juice of 1/2 lemon

Preheat the oven to 400 degrees.

Using a melon baller or a small spoon, scoop or scrape out and discard the seeds from the zucchini halves, creating long narrow canoes.

Sprinkle with the salt, garlic powder and pepper.

Place the zucchini, hollow side up, on a baking sheet.

In a large skillet over medium, heat the olive oil.

Add the onion and garlic and saute' until soft and translucent, about 4 to 5 minutes.

Add the green pepper and celery. Saute' for another 4 to 5 minutes, or until soft.

Add the tomato paste, Cajun seasoning, hot sauce and Worcestershire sauce. Continue to cook until the mixture becomes aromatic and begins to darken in color, about 2 to 3 minutes.

Stir in the sausage, shrimp, chicken and rice.

Adjust the seasoning with additional salt and pepper plus the lemon juice.

Scoop the mixture into the zucchini boats.

Roast the stuffed zucchini for 20 minutes or until the zucchini is tender and cooked through.

Per Serving (excluding unknown items): 215 Calories; 6g Fat (25.9% calories from fat); 17g Protein; 24g Carbohydrate; 4g Dietary Fiber; 78mg Cholesterol; 434mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.