

Stuffed Zucchini

Servings: 4

Exchanges: One serving = 1 1/3 vegetable, 1/2 fat

4 small (1 lb) zucchini
1/4 teaspoon turmeric
1 teaspoon curry powder
1/8 teaspoon cayenne
pinch salt
dash pepper
3 cloves garlic, minced
4 tablespoons lemon juice
1 tablespoon walnut oil

Cut tips off zucchini and halve lengthwise but not entirely through. Scoop out seeds.

In a small bowl, mix turmeric, curry powder, cayenne, salt, pepper, garlic, and lemon juice into a paste.

Stuff paste into zucchini and press halves together to close.

Heat walnut oil in large non-stick skillet and arrange zucchini in it. Cover and cook over moderate heat until cooked, about 10 to 15 minutes.

Per Serving (excluding unknown items): 67 Calories; 4g Fat (44.2% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1/2 Fat.