

# Avocado Stuffed Zucchini

From – *The Vegetarian Epicure Book Two*

6 small to medium plump zucchini  
2 ripe avocados  
1 Tbsp fresh lemon juice  
1 Tbsp olive oil  
1 Tbsp wine vinegar  
2 Tbsp chopped fresh cilantro  
½ small onion, finely chopped  
1 tsp salt  
paprika and cilantro sprigs for garnish

- Trim the stem ends of the zucchini and cut them in half lengthwise. Put them in a pot of boiling salted water for 4 minutes, then drain them and run cold water over them for a minute. Working carefully with a dessert spoon, scoop out the pulp, leaving a shell about ¼ inch thick. Put the pulp in a sieve to drain and turn the shells upside down on a rack for about 10 minutes.
- Chop the well drained zucchini pulp. Peel the avocados, remove the pits, and chop them or mash them with a fork. Add the avocado to the zucchini pulp. Stir in all the remaining ingredients and mix thoroughly.
- Fill the zucchini shells with the avocado mixture and sprinkle with a line of paprika down the center of each. “Plant” a small sprig of fresh cilantro in the stuffing of each zucchini, arrange them on a platter, and chill for an hour or two before serving.



For more recipes visit us at  
[www.HealthyHarvestFarmCSA.com](http://www.HealthyHarvestFarmCSA.com)