Zucchini Boats

by Anand Lila devi dasi

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

Zucchinis.....5 medium
Olive oil.....2 Tsp
Yellow asafetida powder.....¼ Tsp
Bell pepper, chopped.....2
Carrots, shredded.....2
Dried sweet basil.....1 Tsp
Fresh rosemary leaves.....1 Tsp
(if unavailable, substitute with ½ Tsp of dried rosemary)
Salt.....1 Tsp
Ground black pepper .....½ Tsp
Cheese, grated (optional).....2 Tbsp

Preparation :

1. Cut off the heads and slice the zucchinis in half, lengthwise. Scoop out the insides, leaving a little flesh around the skin to ensure that the zucchini doesn't loose its shape. Coarsely chop the inside flesh of the zucchini. Set aside.
2. Heat oil in a pan over moderate heat; sprinkle asafetida, then drop the bell pepper, carrots and chopped zucchini flesh. Add the herbs, salt and black pepper. Cook stirring often for 6-7 minutes, or until the vegetables are tender.
3. Preheat the oven to 350 F/180 C. Spoon the filling into the zucchini shells. Place on a greased baking dish and bake for 25-30 minutes or until the zucchinis are tender. Sprinkle with cheese if desired. Serve hot.

Serves: Four-Five

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