

Stuffed Zucchini

Three medium	zucchini
One cup	onions, minced
Two cloves	garlic, pressed
One teaspoon	olive oil
Three cups	portabella mushrooms, chopped
One teaspoon	dried dill
One tablespoon	sherry
Five cups	spinach, lightly packed
One cup	brown rice
Three-quarter cup	tomato juice
	black pepper to taste

1. Preheat oven to 350°F.
2. Slice zucchini in half lengthwise and scoop out centers with a spoon. Set shells of zucchini aside.
3. Sauté: onions, garlic, olive oil, mushrooms, dill and sherry.
4. While mushroom mixture is cooking, rinse and stem spinach. Steam spinach until limp but bright green. Drain and add to sauté mix. Stir in rice and pepper.
5. Pour tomato juice evenly into an 8 X 12-inch glass pan. Press a mound of one sixth of the filling into each zucchini, and place in glass pan. Cover with foil and bake about thirty minutes until the zucchini are tender.
6. Uncover and bake until lightly browned.

Taken from: Fall Recipes

<http://www.norcalwellbeing.org/news/news3-1/Fall%20Recipes.htm>