

Zucchini with Wild Rice Stuffing – Gibbs-California Wild Rice

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- **Yield:** 10 Servings

Dying to find a way to get your family to eat healthier? Try this recipe, which is low in calories and the zucchini is high in folic acid, potassium and magnesium

Recipe courtesy of: California Wild Rice Advisory Board

Ingredients

- 10 [medium zucchini](#) *halved lengthwise*
- 1/2 cup [onion](#) *minced*
- 3 cloves [garlic](#) *minced*
- 2 tbsp [butter](#)
- 1 1/2 lb [ground beef](#)
- 1 1/4 tsp [salt](#)
- 3/4 tsp [ground pepper](#)
- 4 1/2 cups [California Wild Rice](#) *cooked*
- 2 [large tomatoes](#) *diced*
- 5 cups [grated cheese](#)

Instructions

1. Preheat oven to 375°. Scoop out zucchini pulp and place shells on greased baking pan.
2. Finely chop pulp; set aside.
3. Saute onion and garlic in butter. Add pulp, beef, salt and pepper; brown beef and drain.
4. Add wild rice, tomatoes and half the cheese; mix well.
5. Mound into shells. Cover; bake 25 minutes or until tender.
6. Sprinkle with remaining cheese; bake 15 minutes uncovered.

- **Course:** [Side Dish](#)