



**From the Kitchen  
of  
Executive Chef  
Jessica VanRoo**



**Barley-and-Sausage Stuffed Zucchini**

**Description**

Two of every summer garden's most prolific performers — zucchini and tomato — come together in this hearty recipe. Like cucumber, zucchini is actually a fruit. With several varieties, it's color can range from deep yellow to dark green. Its high fiber, potassium and carotenoid content may lower blood pressure and cholesterol and reduce other risk factors for heart disease. Zucchini also helps stabilize blood sugar levels and is high in vitamin A, which supports vision and immune health.

Tomatoes are another fruit generally eaten and prepared like a vegetable. They are the major dietary source of the antioxidant lycopene, which has been linked to a reduced risk for cancer and heart disease. Tomatoes also are loaded with vitamin C, potassium, folate and vitamin K. This recipe calls for barley, a versatile grain with a chewy consistency and a slightly nutty flavor that complements many dishes. Barley's high fiber content, particularly the soluble fiber beta-glucan, may also promote feelings of fullness, which may lead to weight loss over time.

Consider using lean chicken or turkey Italian-style sausage for this savory dish.

\*Recipe serves 8. Total cost \$20.68/\$3.45 per serving. 259 calories per serving.



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### Barley-and-Sausage Stuffed Zucchini

#### Ingredients

- 3 large zucchini, sliced in half lengthwise
- ½ tablespoon olive oil plus more as needed to brush on zucchini
- 1½ lb Italian sausage, casing removed
- 1 large onion, minced
- 6 oz mushrooms, finely minced
- 2 tomatoes, finely chopped (about 8 oz) or half a 14 oz can of diced tomatoes
- 2 garlic cloves, minced
- 1 cup reserved zucchini (you may need more than you saved!)
- ½ cup barley (about 1½ cups cooked)
- ¼ cup nutritional yeast or grated Parmesan cheese
- 1 egg, lightly beaten
- 1¼ cup grated cheese (mozzarella or provolone)

#### Instructions

1. Preheat oven to 400 degrees and line baking sheet with parchment or foil.
2. Scoop meat from zucchini halves, dice and set aside.
3. Season both sides of zucchini halves with salt and pepper, then brush with oil.
4. Place zucchini halves, hollow side down on baking sheet, bake 12 minutes.
5. Heat ½ tablespoon of oil in a skillet over medium high heat.
6. Add sausage, breaking up large pieces with a wooden spoon, and cook 3-4 minutes.
7. Add onions, continue cooking until onions soften and begin to brown.
8. Add mushrooms and cook until they release their liquid and begin to brown.
9. Add tomatoes, garlic and diced zucchini, cooking just until both soften.
10. Stir in cooked barley, add nutritional yeast or parmesan cheese, add salt and pepper to taste.
11. Stir in beaten egg, mix well.
12. Distribute filling among zucchini halves, top with cheese, bake 20-25 minutes.
13. Turn on oven broiler at the end if browned cheese is desired.