

Mediterranean Baked Zucchini Sticks

- 4 zucchini, medium
- 1 cup red bell pepper, finely chopped
- 1/2 cup tomatoes, finely chopped
- 1/2 cup Kalamata olives, finely chopped
- 3 large garlic cloves, minced
- 1 tablespoon oregano, dried
- 1/4 teaspoon ground black pepper
- 1/4 cup parsley, finely chopped



1. Preheat oven to 350 degrees F.

2. Cut zucchini in half lengthwise and scoop out the middle with a spoon or melon baller. Discard or eat the flesh. Set aside.

3. In a medium bowl, mix to combine bell pepper, tomato, olives, garlic, oregano and black pepper.

4. Fill each zucchini with a mixture distributing evenly.

5. Place in a large baking dish or rimmed baking sheet and bake for 15 minutes.

*Maintenance Phase Only: Top with favorite cheese and broil on high for 3 more minutes or until cheese has browned.

Remove from the oven, sprinkle with parsley and serve hot or cold.

Serving Size = 2 cups of veggies with 6 olives