

Greek Stuffed Zucchini

Created by Jackie Graff
Sprout Raw Food

Serves 8

2 cups walnuts, soaked 4-6 hours and drained
2 cups sunflower seeds, soaked 4-6 hours and drained
2 teaspoons sea salt
2 cloves garlic, chopped fine
¼ cup fresh oregano
1 cup sun-dried tomatoes, soaked, drained, and processed into paste
1 onion, chopped very fine
1 red pepper, chopped fine
6 - 8 zucchini squash (small), cut in halves
2 teaspoons sea salt
1 cup sunflower seeds soaked 8 hours, dehydrated, and chopped fine.

1. Scoop out the middle of zucchini halves.
2. Place top down into the dehydrator for 2 hours.
3. Place walnuts, sunflower seeds, salt, garlic, oregano, basil, and ½ cup of the sun-dried tomato paste into blender. Process until smooth.
4. Remove to a bowl. Add onions and peppers and blend well.
5. Add sunflower seed flour and blend well.
6. Stuff nut mixture into zucchini halves.
7. Spread the remaining sun-dried tomatoes on top of the stuffed zucchini and place in dehydrator for 1 hour.