

Stuffed Zucchini (Punjabi Teenday)

INGREDIENTS:

- 4 zucchini
- Oil for deep frying
- 4 tablespoons vegetable oil
- 1 yellow onion, finely chopped
- 2 tomatoes, chopped
- 1 tablespoon garam masala
- 1 teaspoon cayenne, or to taste
- 2 tablespoons dried mango powder, or amchoor (optional)
- Salt to taste
- 4 tablespoons heavy cream

INSTRUCTIONS:

Preheat the oven to 350°.

Wash and dry the zucchini. Slice a thin piece lengthwise off the top to form a lid. Scoop out the center (seeds and pulp) leaving a $\frac{1}{4}$ - to $\frac{1}{2}$ -inch-thick shell.

Heat oil for deep-frying in a large pot. Deep-fry the zucchini for 2 minutes, then drain on paper towels. Place the zucchini shells in a 9 x 13-inch baking

dish.

Heat the 4 tablespoons oil in a skillet. Add the onion and sauté until translucent. Add the tomatoes and cook for 5 minutes. Add the garam masala, cayenne and the optional mango powder. Season with salt and cook for 1 minute. Stir in the cream. Cover and cook over low heat for 4 minutes.

Fill the zucchini shells with the onion-tomato mixture. Cover with foil and bake for 5 to 7 minutes, until heated through and tender.

Serves 4

Note: Look for mango powder in Indian groceries.

PER SERVING: 215 calories, 2 g protein, 9 g carbohydrate, 20 g fat (5 g saturated), 20 mg cholesterol, 16 mg sodium, 2 g fiber.