



MEAT-FILLED ZUCCHINI WITH YOGURT SAUCE

(Yemista Kolokithakia me Yiaourti)

A rich but healthful dish and one of the classics at the Sunday family meal.

6 medium zucchini
1/3 cup Krinos Extra Virgin Olive Oil
1/2 pound ground lamb
1/2 cup sliced scallions
1/2 cup long-grain rice
1 tomato, peeled, seeded and chopped
1/4 cup minced parsley
1/4 teaspoon ground allspice
Salt, pepper, to taste
1/2 cup chicken broth
1 cup strained Krinos Greek yogurt or plain yogurt
1 garlic clove, minced
1 teaspoon minced dried mint leaves

Slice the tops off the zucchini and set aside. Using a dull knife or teaspoon, remove pulp, chop and set aside.

Heat 2 tablespoons of the olive oil in a skillet and brown lamb. Add the scallions and sauté until tender. Stir in rice and sauté 3 minutes. Add the chopped zucchini pulp, tomato, parsley, allspice, salt and pepper, and simmer, covered, for 10 minutes.

Fill the zucchini with the mixture, leaving about an inch at the top for the rice to expand. Replace tops and transfer to a baking pan. Add broth and 3 tablespoons of the olive oil, cover with foil and bake for 45 minutes, or until zucchini and rice are tender. In a separate bowl, stir together the yogurt, remaining olive oil, garlic and mint. Spoon the dressing over the warm zucchini and serve.

Yield: 6 servings