

Mozzarella & Barley-Stuffed Zucchini

with Crispy Squash Blossoms

Summer is the perfect time for squash. And while we love the juicy, tender zucchini, that's not the only part of the plant that's edible. The vegetable's flowers are gorgeous and full of flavor. Here, we're lightly battering the flowers and frying them as a topping for zucchini stuffed with earthy barley, fresh mozzarella and Kalamata olives. The delicately crunchy squash blossoms are perfectly pretty and incredibly delicious.



Ingredients

- ½ Cup Pearled Barley
- 8 Ounces Fresh Mozzarella Cheese
- 2 Squash Blossoms
- 2 Cloves Garlic
- 2 Zucchini
- 1 Lemon
- 1 Red Onion
- 1 Large Bunch Parsley

Knick Knacks

- 1 Ounce Kalamata Olives
- ¼ Cup Grated Parmesan Cheese
- ¼ Cup Rice Flour

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Cook the barley:

Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook 25 to 27 minutes, or until tender. Drain thoroughly and set aside.

2



Prepare the ingredients:

While the barley cooks, wash and dry the fresh produce. Tear the mozzarella into small pieces. Remove and discard the stems of the squash blossoms; tear lengthwise into thirds. Peel and thinly slice the garlic. Halve the zucchinis lengthwise; scoop out and discard the interiors, leaving a ¼-inch-thick shell. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and small dice the onion. Pick the parsley off the stems. Smash the olives; remove and discard the pits, then roughly chop the olives.

3



Cook the aromatics & make the filling:

While the barley continues to cook, in a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Transfer to a large bowl. Add the **cooked barley**, **mozzarella cheese**, **Parmesan cheese**, **olives**, **lemon zest** and **the juice of all 4 lemon wedges**. Drizzle with olive oil and stir to combine; season with salt and pepper to taste. Wipe out the pot.

4



Stuff & roast the zucchinis:

Place the **zucchinis** on a clean work surface, cut sides up; season with salt and pepper. Using a spoon, fill each zucchini half with as much of the **filling** as possible (reserve any remaining filling for later). Transfer to a sheet pan and roast in the oven 14 to 16 minutes, or until the mozzarella cheese is melted and lightly browned and the zucchinis are tender when pierced with a fork. Remove from the oven.

5



Coat & fry the squash blossoms:

While the zucchinis roast, in a medium bowl, combine the **flour**, **a big pinch of salt** and **5 tablespoons of water**. In the same pot, heat a ¼-inch layer of oil on medium-high until hot. Coat the **squash blossoms** in the batter (letting any excess drip off). Once hot enough that a drop of batter sizzles when added to the pot, add the **coated squash blossoms**. Cook 1 to 2 minutes per side, or until crispy. Transfer to a paper towel-lined plate; season with salt.

6



Plate your dish:

Divide the **roasted zucchinis** and **any remaining filling** between 2 dishes. Garnish with the **parsley** and **fried squash blossoms**. Enjoy!