

Stuffed Cucumber Boats with Herbed Quinoa and Feta

A refreshing and light main dish featuring crisp cucumber boats filled with fluffy herbed quinoa, tangy feta cheese, and sun-dried tomatoes. Perfect for a nutritious, low-calorie meal.



Main Dish

15 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 large cucumber
- 1/3 cup cooked quinoa
- 2 tbsp crumbled feta cheese
- 1 tbsp chopped sun-dried tomatoes
- 1 tsp olive oil
- 1 tsp chopped fresh parsley
- Salt and pepper to taste

Steps

- 1 Slice the cucumber lengthwise and scoop out the seeds to create hollow 'boats'.
- 2 In a bowl, combine cooked quinoa, crumbled feta, chopped sun-dried tomatoes, olive oil, and parsley. Mix well.
- 3 Season the mixture with salt and pepper to taste.
- 4 Spoon the quinoa mixture evenly into the cucumber boats.
- 5 Serve immediately or chill for 10 minutes before serving for a refreshing taste.