

Yemista Me Ryzi (Stuffed Vegetables with Rice)

This filling version of version of stuffed vegetables makes a nice variation for dolmadaki . If there's any filling left over, freeze it and use it another time. Defrost for three to four hours.

Ingredients

- 1 spring onion (finely chopped)
- 1 bunch of fresh parsley (finely chopped)
- 1 pound of zucchini (grated)
- 2 medium carrots (grated)
- 1/2 eggplant (peeled and grated)
- 1 cup of olive oil (divided)
- 4 firm tomatoes
- 4 medium zucchini
- 4 small eggplants
- 4 peppers (green bell, Cubanelle, or Anaheim)
- 1 1/2 cups of long grain rice
- 1 tablespoon of sea salt
- 1 teaspoon of freshly ground pepper
- Garnish: toasted breadcrumbs

Steps to Make It

1. Wash the vegetables carefully and dry them. With a paring knife, cut the caps off the tomatoes, peppers, and eggplant, and both ends off the zucchini and set aside.
2. With a spoon, scoop out the pulp and seeds from the eggplant, zucchini, and peppers, and discard.
3. Scoop out the tomato pulp, chop well, and set aside. Lightly salt the interior of all vegetables.
4. In a pot, heat 1/2 cup of olive oil and sauté the onion for about two to three minutes.
5. Add grated zucchini, eggplant, and carrots, and cook over low heat for 10 minutes.
6. Add the tomato pulp and continue to cook for five minutes.

7. Remove from the heat, set aside to cool for 15 minutes, and put in a bowl.
8. Add the rice, salt, and pepper, and mix well with a spoon until blended.
9. With a spoon, fill vegetables loosely with the rice mixture and place in a roasting pan packed closely but not squashed, with caps covering the tops and ends.
10. Place tomatoes (and small bell peppers if used) upright and lay the others on their sides.
11. Pour 1/2 cup olive oil and 1/2 cup water over the top, sprinkle the tops of the upright vegetables with toasted breadcrumbs, and bake at 450 F (230 C) for one hour.
12. Halfway through, turn the vegetables that are placed on their sides.
13. Note: If the vegetables start to get too brown before cooking time is up, cover with foil.