

Zucchini in Groats

Ingredients:

1. 10 small zucchini, cut in half then into diagonal slices
2. 1 bunch coriander chopped
3. 1 head garlic, minced
4. 1 large onion finely chopped
5. A dash of cinnamon
6. Salt and pepper to taste
7. 2 cup groats washed and drained
8. Olive oil

Directions:

1. Cover the bottom of a medium pot with olive oil (do not preheat oil)
2. on medium-high add onions and cook for 30 seconds
3. add half the minced garlic
4. reduce heat to medium
5. cook until onions are translucent and garlic slightly golden
6. add zucchini
7. sprinkle with a dash of cinnamon, salt, and freshly ground pepper
8. sauté for 1 minute
9. add half the coriander
10. add groats
11. add boiling water to barely cover the mixture
12. bring heat to high, when bubbles appear cover and reduce heat to low
13. cook for 15-20 minutes or until the groats are cooked
14. 2 minutes before finishing, add the rest of the coriander and minced garlic
15. Stir gently with a fork
16. Plate and garnish with a dash of cinnamon and a bit of chopped coriander

