

Grilled Zucchini Boats



Yields 2 Servings

INGREDIENTS

- 1 medium zucchini cut in half lengthwise
- 1 cup cooked shredded chicken breast seasoned how you like it (Try Kern's Farm chicken)
- ¼ cup ricotta cheese
- ½ cup diced onion
- ½ cup diced peppers
- 1 tsp. olive oil
- ¼ cup shredded part-skim mozzarella cheese
- 2 cups tomato sauce (try homemade sauce if you have tomatoes)
- 2 Tbsp. fresh basil, chopped

DIRECTIONS

1. Preheat oven to 350°F
2. Add oil to a small skillet over medium heat and cook onions and peppers till softened.
3. Scoop out inside of the zucchini to make a boat. Add the inside of the zucchini to the skillet to cook slightly.
4. Once all veggies are softened transfer to a bowl and add ricotta and shredded chicken. Season with salt and pepper.
5. Fill zucchini boats with the mixture and place in a small baking dish. Pour tomato sauce over top and sprinkle with cheese. Bake for 30-35 minutes until zucchini has started to soften and cheese is melted.
6. Top with fresh basil and serve.

NUTRITIONAL CONTENT:

270 calories, 9gm fat, 3.5gm saturated fat, 640mg sodium, 17gm carbohydrate, 4gm fiber, 31gm protein