

## Chicken Enchilada Zucchini Boats

Servings: 8

Nutrition facts: 155 calories, 7g carbs, 9g fat, 13g protein, 129mg sodium, 3g sugar

### Ingredients

- 2 pounds medium zucchini (about 3 to 4)
- 1 tablespoon olive oil
- ½ cup chopped yellow onion
- 3 garlic cloves, minced
- ½ Cup diced green bell pepper
- 8 ounces cooked, ground chicken or turkey, or shredded/chopped chicken (could use rotisserie chicken)
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- 1 teaspoon medium-hot chili powder
- 3 tablespoons low-sodium chicken broth
- 1 can enchilada sauce
- 2 tablespoons chopped fresh cilantro 1 can (14 ounces) crushed tomatoes
- ½ cup shredded Monterey jack cheese (or other melting cheese of your choice)

### Directions

1. Preheat the oven to 400 F.
2. Cut each zucchini lengthwise, then using a spoon to scoop out the flesh, hollow out each zucchini half to create the zucchini boats.
3. Set the boats aside and chop all of the scooped out zucchini flesh into small pieces.
4. Heat the oil in a large skillet over medium heat.
5. Add the onion, garlic, and bell pepper. Sauté until the onion has softened and becomes translucent, about 5 minutes.
6. Add in the chopped zucchini flesh, cumin, oregano, chili powder, 3 tablespoons of the enchilada sauce, the 3 tablespoons of chicken broth and chicken and stir to mix. Add salt and pepper to taste.
7. Spread ¼ cup of the enchilada sauce in the bottom of a 9 x 13-inch pan sprayed with non-stick spray.
8. Line up all of the hollowed zucchini halves in the pan, then spoon the filling evenly into each zucchini boat.
9. Pour the remaining enchilada sauce over top of the zucchini.
10. Sprinkle the shredded cheese on top.
11. Cover the pan with foil and bake 35-40 minutes until the cheese is melted and the zucchini is tender. Sprinkle with additional chopped onions if desired.