

Chicken Enchilada Stuffed Zucchini Boats



Enchilada Sauce Ingredients

- 1 tsp. oil
- 2 garlic cloves, minced
- 1 ½ tbsp. chili powder
- 3 tsp. sugar
- 1 ½ cup tomato sauce
- 1 medium onion, finely chopped
- 1 tsp. ground cumin
- 2 jalapenos, seeded and finely chopped
- ¾ cup fat-free low-sodium chicken broth
- Salt and pepper, to taste

Zucchini Boat Ingredients

- 4 to 6 medium zucchinis
- 1 pound boneless chicken breast, cooked and shredded
- 1 tsp. oil
- 3 cloves garlic
- ½ cup diced green bell pepper
- 1 red, yellow or orange bell pepper
- 2 Tbsp. tomato paste
- ¼ cup cilantro, chopped

Topping Ingredients

- 1 cup reduced-fat shredded sharp cheddar cheese
- Cilantro for garnish (optional)
- Fat-free, plain Greek yogurt (optional)

Directions:

1. Preheat oven to 400 degrees.
2. Cook onion, jalapenos and oil in a medium saucepan over medium-low heat. Cover and simmer for approximately 10 minutes. Stir in the remaining sauce ingredients and bring to a boil. Reduce heat and simmer an additional 5 to 6 minutes or until the sauce has thickened.
3. Cut zucchini in half lengthwise and scoop out some of the flesh and set aside. Brush inside of zucchini with olive oil and sprinkle with salt and pepper.
4. In a separate saucepan, heat oil and add onion, garlic and bell peppers. Cook on medium-low heat for a couple minutes. Add the chopped zucchini flesh that was removed and continue to cook for approximately 5 minutes. Add the remaining ingredients, mix well and continue to cook for 3 to 5 more minutes.
5. In the bottom of an oven-safe dish, place ¼ cup of the enchilada sauce and top with zucchini. Fill zucchini with chicken mixture. Top with remaining enchilada sauce and shredded cheese. Cover with foil and bake for approximately 40 minutes or until the cheese is melted and the zucchini is thoroughly cooked.
6. Top with cilantro and yogurt, serve and enjoy!

*Yield 4 servings, serving size: 1 serving. Calories: 375.
Fat: 10 g. Cholesterol: 87 mg. Sodium: 859 g. Carbohydrates: 35 g.
Fiber: 8 g. Sugar: 19 g. Protein: 40 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*