

Chicken Parmesan Zucchini Boats

Try this protein-loaded recipe to fix your insatiable post-workout appetite.

Nutritional Info (per serving): 332 calories, carbs 13.3g, fat 17.8g, protein 38.2g



Ingredients (serves 4)

4 medium zucchini about 1 3/4 pounds
1 lb. ground chicken
1/4 tsp. salt
1/4 tsp. ground black pepper
2 garlic cloves minced
1 cup pasta sauce
1/4 cup grated parmesan cheese
1/2 cup shredded mozzarella cheese
Optional: sliced fresh basil for topping

Method¹

1. Preheat oven to 400 degrees Fahrenheit. Spray a baking dish with cooking spray.
2. Place a large non-stick pan over medium-high heat. Add the chicken and break it apart with a spoon. Add the salt and pepper. Cook for 8 to 10 minutes, until chicken is cooked through. Stir occasionally and break down the chicken into small chunks.
3. Reduce the heat to low. Add the garlic to the chicken. Cook for 1 minute, stirring often. Add the pasta sauce. Cook for 3 minutes, stirring occasionally.
4. As the chicken cooks, cut the zucchini in half, lengthwise. Use a spoon to scoop the seeds and centre out of each zucchini half, leaving a ¼-inch thick zucchini boat.
5. Place the zucchini in the baking dish cut-side up.
6. Spoon the chicken mixture into the zucchini boats. Press the mixture down into the zucchini using the back of the spoon.
7. Sprinkle the zucchini evenly with the parmesan, then the mozzarella cheese.
8. Cover the baking dish with foil. Bake for 35 minutes.
9. Sprinkle with fresh basil and serve.



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¹ Recipe by Amanda Finks on the Wholesome Dish