

# Hearty Ground Chicken Zucchini Boats

*Prep Time: 15 minutes*

*Cook Time: About 15 minutes*

*Ready in under 30 minutes, packed with veggies protein and flavour, this recipe is a full-meal dish!*

## INGREDIENTS

### Program Recipe

- 1 large zucchini, halved and de-seeded
- 1 tsp olive oil
- 1 lb ground chicken (or 1 package drained extra firm tofu; crumbled)
- 1 tbsp minced garlic
- 2 tsp dried oregano (or italian spice blend)
- 1 tsp cumin
- 1 cup cooked lentils
- 1/2-1 cup diced vegetables (peppers, mushrooms, broccoli etc)
- 1 cup drained diced canned tomatoes
- Shredded cheese of choice

\*Salt/Pepper to taste

### Delicious additions

- black beans (instead of chicken or lentils)
- Salsa (in lieu of tomatoes)
- Sliced olives
- chili powder

## PROCEDURE

1. Preheat oven to 425 degrees F.
2. Slice zucchini length wise. Remove seeds. Brush inside with olive oil and place on cookie sheet. Bake for about 10 minutes, until softened. Remove from oven once cooked
3. While zucchini is baking, mix ground chicken, lentils, spices and veggies together in a bowl.
4. Place large frying pan over medium-high heat. Add olive oil, garlic to pan. Add meat mixture, stir-frying until cooked through.
5. Once meat mixture and zucchini are cooked, fill zucchini with mixture. Top with cheese
6. Return to oven for about 10 minutes (until cooked through to 165 degrees and cheese is melted).

\*For extra food prep- to make meatballs, at step 3 (if doing a double batch, set half aside, add 1 egg, 1/3-1/2 cup bread crumbs and roll into meat balls)

