

Mexican Chicken Zucchini Boats

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These boats are a healthier spin on chicken burritos, swapping in nutritious zucchini for flour tortillas.



Servings8servings, 1 boat each

Ingredients for Mexican Chicken Zucchini Boats:

- 4 large zucchini , cut in half lengthwise
- 4 tsp . olive oil , divided use
- 1 medium onion , finely chopped
- 2 cloves garlic , finely chopped
- 1 cup tomato sauce , no sugar added
- 2 Tbsp . tomato paste , no sugar added
- 1 Tbsp . ground chili powder (or 1½ tsp. chili powder and 1½ tsp. ancho chili powder)
- 1 tsp . ground cumin
- ½ tsp . ground paprika
- 3 cups shredded cooked chicken breast
- 1⅓ cups corn kernels
- 1 cup shredded cheddar (or Monterey jack) cheese
- 2 Tbsp . finely chopped cilantro
- 1 medium tomato , chopped
- 2 green onions , thinly sliced

Instructions for Mexican Chicken Zucchini Boats:

1. Preheat oven to 400° F.
2. Using a spoon (or melon baller), scoop pulp out of zucchini to make boats. Place on a large baking sheet. Brush with 1 tsp. oil. Bake for 15 to 20 minutes, turning once, until tender-crisp.
3. While zucchini is baking, heat *remaining 3 tsp.* oil in medium nonstick skillet over medium-high heat.
4. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add tomato sauce, tomato paste, chili powder, cumin, and paprika. Bring to a boil, stirring frequently. Reduce

heat to medium-low; cook, stirring occasionally, for 10 minutes.

7. Add chicken and corn; cook, stirring occasionally, for 5 minutes, or until heated through. Remove from heat.
8. Evenly spoon chicken mixture into zucchini boats. Evenly top with cheese.
9. Bake for 5 to 8 minutes, or until cheese has melted.
10. Sprinkle evenly with cilantro, tomato, and green onions; serve immediately.

Portion Fix Containers

1 Green

$\frac{1}{2}$ Red

$\frac{1}{2}$ Yellow

$\frac{1}{2}$ Blue

$\frac{1}{2}$ tsp.

Original Recipe for Mexican Chicken Zucchini Boats:
<https://www.beachbodyondemand.com/blog/mexican-chicken-zucchini-boats-recipe-2>