



Grilled Chicken Parmesan Zucchini Boats

Prep: 20 minutes

Grill: 10 minutes • Serves: 4

1. Zucchini: Prepare outdoor grill for direct grilling over medium-high heat. Cut 2 large zucchini lengthwise in half; leaving ½-inch wall, scoop out inside portion with spoon and reserve. Spray both sides of zucchini with nonstick cooking spray; sprinkle with ¼ teaspoon each salt and pepper. Place zucchini, cut side down, on hot grill rack; cover and cook 5 minutes or until grill marks appear, turning once.

2. Chicken Breasts: Cut 1 pound boneless, skinless chicken breasts into ½-inch pieces. Heat large skillet over medium-high heat; spray with nonstick cooking spray. Add chicken; cook 7 minutes, stirring occasionally. Coarsely chop and add reserved zucchini pulp; cook 3 minutes or until internal temperature of chicken reaches 165°, stirring occasionally.

3. Marinara Sauce: Stir ½ cup marinara sauce into chicken mixture.

4. Parmesan Cheese: Stir 2 tablespoons Parmesan cheese into chicken mixture.

5. Italian-Seasoned Breadcrumbs: Stir ¼ cup Italian-seasoned breadcrumbs into chicken mixture. Fill zucchini with chicken mixture; sprinkle with ¼ cup Parmesan cheese. Place zucchini, filling side up, on hot grill rack; cover and cook 5 minutes or until zucchini is tender and cheese melts.

Approximate nutritional values per serving:

230 Calories, 8g Fat (2g Saturated), 68mg Cholesterol, 544mg Sodium, 12g Carbohydrates, 2g Fiber, 1g Sugars, 29g Protein