



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Set Sail with Zucchini!

Kitchen hacks can help beat the summer heat! Batch cooking meats can shorten your time in the kitchen and help with mealtime creativity.

Check out the recipe for Batch Slow Cooker Chicken on InSeasonzine.com.

Instead of focusing on what foods to avoid, plan meals full of color and flavor featuring fruits and vegetables. Zucchini and squash are versatile ingredients that can add creativity to your meals. Sail away this summer with these “zucchini boats”!

Heart Healthy Mediterranean Chicken and Zucchini

Ingredients:

- 4 zucchinis, halved lengthwise
- 2 Tbsps. olive oil, divided
- 1/8 tsp. salt
- Black pepper to taste.
- 1 shallot, chopped
- 2 garlic cloves, minced
- 2 cooked chicken breasts, shredded
- 1 can (15 oz.) chickpeas, rinsed and drained
- 1/2 cup halved cherry tomatoes
- 1/4 cup halved Kalamata olives
- 1 tsp. dried oregano
- 2 Tbsps. crumbled feta cheese
- 1 Tbsp. fresh lemon juice
- 1/2 small cucumber, peeled and finely chopped
- Chopped fresh dill sprigs, for garnish



Recipe (edited)
and image courtesy of
Healthcooks.com.

Directions:

1. Preheat oven to 350°F. Score zucchini and scoop out the flesh into a bowl. Place zucchini halves in a shallow baking dish, drizzle with 1 Tbsp. of the olive oil, and season with salt and pepper. Bake for 12-15 minutes, or until mostly tender. Set them aside.
2. In a large skillet over medium heat, heat the remaining 1 Tbsp. of olive oil. Add the shallot and cook until soft, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute more. Add the zucchini flesh and cook until light golden, about 2 minutes. Add shredded chicken plus chickpeas, tomatoes, olives and oregano. Cook, stirring occasionally, until the mixture is heated through, about 5 minutes.
3. Spoon chicken mixture into the zucchini “boats” and top with the feta. Bake until zucchini is just tender, and cheese is melted, about 10 minutes more. Drizzle the lemon juice over the zucchini boats, then garnish with cucumber and dill. Serve warm.

Grilled Chicken Parmesan Zucchini Boats

Ingredients:

- 2 zucchinis, halved lengthwise
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 lb. cooked chicken, diced
- 1/2 cup marinara sauce
- 1/4 cup + 2 Tbsps. parmesan cheese
- 1/4 cup Italian-seasoned breadcrumbs



Directions:

1. Prepare outdoor grill for direct grilling over medium-high heat. Cut zucchini lengthwise in half, leaving 1/2-inch wall, scoop out inside portion with spoon and reserve. Spray both sides of zucchini with nonstick cooking spray; sprinkle with 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. Heat large skillet over medium-high heat, then spray with nonstick cooking spray. Add chicken; heat for 3 minutes, stirring occasionally. Coarsely chop and add reserved zucchini pulp; cook 3 more minutes or until internal temperature of chicken reaches 165°F, stirring occasionally.
3. Stir marinara sauce, breadcrumbs, and 2 Tbsps. of parmesan cheese into the chicken mixture.
4. Fill zucchini with the chicken mixture, then sprinkle with the remaining parmesan cheese. Place zucchini, filling side up, on hot grill rack; cover and cook 5 minutes or until zucchini is tender and the cheese melts.