

# Quinoa and Chicken Zucchini Boats

## Ingredients:

3 small zucchinis  
1/2 cup cooked quinoa  
1 cup chicken breast, thinly sliced  
1/4 cup diced tomato  
1/8 cup diced onion  
1 cup shredded mozzarella cheese; reserve 1/2 cup for topping  
1/2 teaspoon Italian seasoning  
Salt and pepper, to taste

## Directions:

1. Preheat your oven to 400 degrees F.
2. Using a small spoon or melon ball scoop, remove flesh from zucchini, leaving a 1/4-inch thick shell. Set aside 1/4 cup of the pulp (chopped) to use in the stuffing mixture.
3. In a large bowl, combine zucchini pulp, cooked quinoa, chicken, onion, tomato, Italian seasoning, salt, pepper and 1/2 cup of the shredded mozzarella cheese. Stir well to combine.
4. Stuff chicken mixture into each zucchini boat, distributing evenly between each zucchini. Top with remaining shredded cheese.
5. Place zucchini boats into a baking dish sprayed with cooking spray and cover with aluminum foil.
6. Bake for 30-35 minutes or until cheese is melted and zucchini is fully cooked.

**Yield: 4 boats**