



Grilled Chicken Parmesan Zucchini Boats

Prep: 20 minutes

Grill: 10 minutes • Serves: 4

- 2 large zucchini (about 1½ pounds), cut lengthwise in half
- PICS Nonstick cooking spray
- 1 pound Market 32 boneless, skinless chicken breasts, cut into ½-inch pieces
- ½ cup PICS marinara sauce
- ¼ cup plus 2 tablespoons shredded PICS Parmesan cheese
- ¼ cup PICS Italian-seasoned breadcrumbs

1. Prepare outdoor grill for direct grilling over medium-high heat. With small spoon, leaving about ½-inch wall, scoop out inside portion of zucchini halves; coarsely chop zucchini pulp.

2. Heat large skillet over medium-high heat; spray with cooking spray. Add chicken; cook 7 minutes, stirring occasionally. Add zucchini pulp; cook 3 minutes or until internal temperature of chicken reaches 165° and zucchini is tender, stirring occasionally. Stir in sauce, 2 tablespoons cheese and breadcrumbs.

3. Spray both sides of zucchini with 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 and edges begin to brown, turning once.

4. Evenly fill zucchini with chicken mixture; sprinkle with remaining ¼ cup 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 (1 boat):
230 Calories, 8g Fat (2g Saturated), 68mg Cholesterol,
544mg Sodium, 12g Carbohydrates, 2g Fiber, 29g Protein*