



Stuffed Zucchini Boats

Preheat oven to 350 degrees

Ingredients:

- 2 Cups precooked shredded chicken
- 1 Red pepper
- 1 White onion
- 2 Medium zucchinis
- 1 Bunch of cilantro
- 1 Can of black beans
- 8oz Shredded cheddar cheese
- 1 Packet of enchilada sauce
(prefer Frontera Red Chile brand)
- Olive oil
- Hot sauce (optional)
- Salt and Pepper

Preparation:

- Dice red pepper, onion and cilantro
- Slice zucchinis length wise in half
- Remove flesh of zucchinis out with a spoon to make boats
(dice/reserve removed zucchini flesh)

Cook Vegetables/Chicken:

- Place saute pan on medium heat and add olive oil
- Add onions and saute
- Add red pepper and zucchini flesh; saute to remove moisture
- Add packet of enchilada sauce
- Add half cup of black beans
- Add shredded chicken
- Once heated through, add cilantro
- Add salt and pepper to taste

Create Boats:

- Place zucchini boats on parchment-lined cooking sheet
- Add vegetable/chicken stuffing to each zucchini boat
- Sprinkle shredded cheese on top

Bake for 25–30 minutes

*Top the boats with hot sauce if preferred.
We served our boats over cauliflower rice!*



#CookingWithKristen

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