



## Buffalo Chicken Stuffed Zucchini Boats



1/4th of recipe (1 stuffed zucchini half): 120 calories, 3.5 total fat (1.5g sat. fat), 297mg sodium, 6g carbs, 1.5g fiber, 4g sugars, 16g protein

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**Prep:** 10 minutes    **Cook:** 30 minutes



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### Ingredients

8 oz. raw boneless skinless chicken breast  
Dash each salt and black pepper  
2 large zucchini (about 12 oz. each)  
2 tbsp. fat-free plain Greek yogurt  
1 tbsp. light/reduced-fat cream cheese  
1 tbsp. Frank's RedHot Original Cayenne Pepper Sauce  
2 tbsp. chopped scallions  
2 tbsp. finely crumbled blue cheese  
1/4 cup shredded carrots, finely chopped

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place chicken on the center of the foil, and sprinkle with salt and pepper.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through.

Meanwhile, prepare zucchini. Slice off and discard stem ends of zucchini. Pierce zucchini several times with a fork. Place on a microwave-safe plate, and microwave for 3 minutes.

Flip zucchini and microwave for 3 more minutes, or until softened. Pat dry. Let cool, about 5 minutes.

In a small bowl, combine yogurt, cream cheese, and hot sauce. Mix until uniform.

Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh, leaving about 1/4 inch inside the skin. Thoroughly pat dry.

Remove baking sheet from oven. Set temperature to broil.

Cut packet to release hot steam before opening entirely. Transfer chicken to a medium bowl. Shred using two forks. Add hot sauce mixture and scallions, and mix well.

Place hollow zucchini halves on the baking sheet. Fill with chicken mixture, and top with blue cheese.

Bake until entire dish is hot and cheese has softened, about 1 minute.

Top with finely chopped carrots.

MAKES 4 SERVINGS

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