

Cheesy Barbecue Chicken Zucchini Boats

Ingredients

- 4 medium zucchini, sliced in half lengthwise
- 1½ tablespoons olive oil
- 2 cloves of minced garlic
- ½ red onion, diced
- 1 pound chicken breast, cooked and shredded
- 1 cup low-sugar barbecue sauce
- 1¼ cups shredded sharp cheddar cheese



Directions

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1. Preheat oven to 400 °F. Grease a 9x13 pan with olive oil.
2. Scoop out centers from zucchini, leaving a ¼ -inch rim to create boats. Place zucchini in pan and brush with a tablespoon of olive oil.
3. Add ½ tablespoon of olive oil to skillet and place over medium heat. Add garlic and onions; sauté for 3 to 4 minutes.
4. Transfer to a large bowl and stir in cooked chicken, ½ cup barbecue sauce and ½ cup cheese. Spoon mixture evenly into zucchini boats.
5. Top each with 1 tablespoon barbecue sauce and 1½ tablespoons cheese.
6. Cover with foil and bake for 35 to 45 minutes or until cheese has melted and zucchini is tender.

