

Chicken Enchilada Stuffed Zucchini Boats

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Servings: 8 • **Size:** 1 zucchini boat • **Old Points:** 2 pts • **Points+:** 3 pts

Calories: 116 • **Fat:** 3.5 g • **Protein:** 12 g • **Carb:** 11 g • **Fiber:** 3 g • **Sugar:** 4.5 g

Sodium: 410 mg (without salt)

Ingredients:

For the enchilada sauce:

- olive oil spray (I used my [Misto](#))
- 2 garlic cloves, minced
- 1 or 2 tbsp chipotle chile in adobo sauce, more if you like it spicy
- 1-1/2 cups tomato sauce
- 1/2 tsp chipotle chili powder
- 1/2 tsp ground cumin
- 2/3 cup fat-free low-sodium chicken broth
- kosher salt and fresh pepper to taste

For the zucchini boats:

- 4 (about 32 oz total) medium zucchini
- 1 tsp oil
- 1/2 cup green onions, chopped
- 3 cloves garlic, crushed
- 1/2 cup diced green bell pepper
- 1/4 cup chopped cilantro
- 8 oz cooked shredded chicken breast
- 1 tsp cumin
- 1/2 tsp dried oregano
- 1/2 tsp chipotle chili powder
- 3 tbsp water or fat free chicken broth
- 1 tbsp tomato paste
- salt and pepper to taste

For the Topping:

- 3/4 cup reduced fat shredded sharp cheddar
- chopped scallions and cilantro for garnish

Directions:

For the enchilada sauce: In a medium saucepan, **spray** oil and **sauté** garlic. **Add** chipotle chiles, chili powder, cumin, chicken broth, tomato sauce, salt and pepper. Bring to a boil. **Reduce** the heat to low and **simmer** for 5-10 minutes. Set aside until ready to use.

For the Zucchini Boats: Bring a large pot of water to boil.

Preheat oven to 400°. **Cut** zucchini in half lengthwise and using a small spoon or melon baller, **scoop** out flesh, leaving 1/4" thick. **Chop** the scooped out flesh of the zucchini in small pieces and set aside.

Drop the zucchini halves in boiling water and cook 1 minute; **remove** from water.

In a large saute pan, **heat** oil and **add** onion, garlic and bell pepper. **Cook** on medium-low heat for about 2-3 minutes, until onions are translucent. **Add** chopped zucchini and cilantro; **season** with salt and pepper and **cook** about 4 minutes. **Add** the cumin, oregano, chili powder, water, and tomato paste and cook a few more minutes, then **add** in chicken; **mix** and cook 3 more minutes.

Place 1/4 cup of the enchilada sauce on the bottom of a large (or 2 small) baking dish, and place zucchini halves cut side up. Using a spoon, **fill** each hollowed zucchini with 1/3 cup chicken mixture, pressing firmly.

Cover with foil and **bake** 35 minutes until cheese is melted and zucchini is cooked through.

Top with scallions and cilantro for garnish and serve with low fat sour cream if desired.