

# Taco Zucchini Boats

East Hartford Public Schools  
East Hartford, CT



## Recipe Ingredients:

- 1 lb. Ground Chicken
- 3-4 Zucchini
- ½ cup Diced Onion
- ½ cup Tomato Sauce
- 2 cups Shredded cheddar
- Cooking spray
- 2 Tbs. olive oil
- 1 tsp. chili powder
- 1 tsp. cumin
- ½ tsp. paprika
- 1 tsp. oregano
- ½ tsp. salt

Servings 4



## Preparation Method:

1. Pre heat oven to 400 F.
2. Coat baking dish with nonstick spray
3. Slice zucchini in half lengthwise, scoop out seeds.
4. Sprinkle olive oil and salt on zucchini slices. Place in dish.
5. Coat sauté pan with cooking spray and cook chicken.
6. Add onions.
7. Mix together chili powder, cumin, paprika, oregano, salt. Sprinkle over chicken.  
Stir to coat and cook two minutes.
8. Stir in tomato sauce.
9. Let simmer 5-10 minutes until thickened.
10. Divide chicken mixture into zucchini.
11. Cover with foil. Bake for 15 min. Sprinkle with cheese, bake for two min until melted.

