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Zuchinni Boats

INGREDIENTS

3 zucchini, ends removed, sliced lengthwise, and inside seeds scooped out
1 pound ground chicken meat (you can use lean ground beef or lean turkey, but I prefer chicken)
½ package (or at least one cup) frozen cauliflower rice
1 medium onion, diced
2 cups fresh baby spinach leaves (or 1 cup frozen spinach)
6 ounces tomato paste
2 tbsp olive oil or cooking spray (to coat pan and baking tray)
¾ cup Rao's marinara or Otamot sauce (or other red sauce you like)
¼ cup shredded part-skim mozzarella cheese
¼ cup grated/shredded Parmesan cheese
red chili flakes, salt, and pepper to taste (as desired)
(You can also add chopped peppers, mushroom, or any other desired vegetables!)

PREPARATION

- 1 Preheat oven to 400 degrees.
- 2 Sauté chopped onion over medium heat in a coated pan (olive oil or cooking spray) until onions appear clear and start to brown.
- 3 Add spinach, cauliflower rice (and other vegetables if desired) and stir until it cooks down.
- 4 Add ground chicken to pan. Continue to stir until meat is mostly cooked. (It's preferred that it is more under versus overcooked at this point, as it will have time to cook more in the oven later.)
- 5 Add marinara sauce to chicken and vegetables.

- 6 Place zucchini boats on an oiled baking tray (olive oil or cooking spray) and begin to fill with chicken mixture.
- 7 Cook filled boats for about 40 minutes.
- 8 At about 35 minutes remove from oven and add sprinkled cheese

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