



YIELD:
4 servings

PREP TIME:
10 minutes

COOK TIME:
20 minutes

zucchini boats (4 ways)

Ingredients

- 2 zucchinis
- 1 Tbsp Olive oil
- Salt & pepper to taste

Topping Options

- Pickled onions
- Sliced or chopped cucumber
- Sliced radishes
- Grilled pineapple
- Grilled jalapenos
- Fresh jalapeno slices
- Sautéed peppers and mushrooms
- Shredded cabbage
- Sliced avocado
- Pico de gallo
- Herbs: cilantro, mint, thyme, Thai basil
- Lime wedges
- Queso Fresco or Feta Cheese

Filling Options

- 1 Pre-cooked roasted or baked chicken shredded
- 1 can chickpeas
- 1 can corn kernels
- Taco seasoning
- Jerk seasoning or marinade
- Chili garlic sauce
- Chana Masala spice seasoning

zucchini boat (4 ways)

INSTRUCTIONS

1



Preheat the oven to 400 degrees Celsius. After washing zucchini, slice them lengthwise and use a spoon to make a well by scooping out the seeds. Compost the seeds or save the flesh to cook along with the other toppings.

2



Brush the scooped-out sides with oil and season with a pinch of salt and pepper.

3



Transfer the zucchini boats to a baking sheet lined with parchment paper and place in the oven to roast until soft and lightly browned.

4



Prepare Filling (4 options):

1: Baja Corn

In a bowl coat 1 can of corn kernels with chili garlic sauce

2: Tex Mex Chicken

In a bowl coat pre-cooked and shredded chicken with taco seasoning and set aside

3: Jerk Chicken

In a bowl coat pre-cooked and shredded chicken with jerk seasoning or marinade and set aside

4: Chana Masala

In a bowl coat 1 cup cooked or canned chickpeas with 1 tsp oil and chana masala seasoning and set aside.

5



Clean and prepare other toppings in preparation for assembly. After removing the zucchini boats from the oven, fill them with your preferred toppings.

6



Combination options:

1: Baja Corn

Avocado slices, radish slices, pickled onions, fresh jalapeno slices, Baja corn, cilantro,

Thai basil and crumbled queso fresco

2: Tex Mex Chicken

Sauteed peppers and onions, Tex-Mex chicken, pico de galo, queso fresco and lime

3: Jerk Chicken

Grilled pineapple, shredded cabbage, jerk chicken and fresh thyme

4: Chana Masala

Chana masala, chopped cucumber and onions, fresh mint