

## CHICKEN FAJITA STUFFED ZUCCHINI

By Dr. Cindy Tazar  
(Standard/Maintenance)

Makes 1 serving and covers your protein and vegetable at the meal.



### INGREDIENTS

- 1 large zucchini
- 2 tsp. unfiltered, cold-pressed extra virgin olive oil
- 1 cup sweet peppers (green, red or yellow – can mix)
- 1 cup onion
- 3 ounces boneless, skinless chicken breast, chopped
- 1 tsp. pink Himalayan salt
- ½ tsp. fresh ground black pepper
- 1 tsp. cumin
- ½ tsp. chili powder
- ½ tsp. garlic powder
- Juice of lime
- Cilantro – optional



## **DIRECTIONS**

Preheat oven to 400°.

Slice zucchini in half lengthwise, then scoop out some of the center to make room for filling. Place scooped out zucchini in a bowl and set aside.

Rub extra virgin olive oil over zucchini boats and place on a baking sheet. Bake for 20 minutes until fork tender.

Slice peppers and onion and place into bowl with scooped out zucchini.

Add in the chopped uncooked chicken.

Drizzle extra virgin olive oil into bowl of chicken and veggies and toss together.

Whisk together the seasonings and toss into bowl. Spread veggies and chicken onto another baking sheet.

Bake chicken and veggies for 25-30 minutes or until peppers are tender. Scoop chicken fajita filling into zucchini boats and top with cilantro if desired. Squirt some lime juice over filling.