



Stuffed Zucchini Boats

4 medium zucchini	¾ cup marinara sauce	1½ cups shredded cheddar cheese
1 pound chicken breast	¼ cup bread crumbs	Olive oil, optional
½ cup chopped onion	1 teaspoon garlic powder	
1 egg, beaten	½ teaspoon black pepper	

Cut zucchini in half lengthwise. **Cut** a thin slice from the bottom of each with a sharp knife to allow the zucchini to sit flat. **Scoop** out the pulp, leaving ¼-inch shells. (Optional, lightly brush the shells with olive oil.) **Preheat** the oven to 350° F. **Cut** chicken breast into 1 inch cubes. In a large skillet, **cook** chicken and onion over medium heat until meat is no longer pink; **drain**. **Remove** from the heat; **stir** in the egg, marinara sauce, bread crumbs, garlic powder, black pepper and 1 cup cheese. **Spoon** about ¼ cup into each

zucchini shell. **Place** each filled shell onto a non-greased cooking sheet and place into the oven and **bake** for 15 minutes.

Remove boats from oven and **sprinkle** on the remaining cheese. **Bake** boats for an additional 5 minutes or until the cheese melts.

Yield: 4 servings

Nutritional Analysis: 420 calories, 20 g fat, 9 g saturated fat, 170 mg cholesterol, 700 mg sodium, 19 g carbohydrate, 4 g fiber, 9 g sugar, 40 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky Summer Squash

SEASON: June through October.

NUTRITION FACTS: Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches or less in diameter.

STORAGE: Harvest and place unwashed in plastic bags. Store squash in the crisper drawer of the refrigerator. Wash the squash just before

Source: www.fruitsandveggiesmatter.gov

preparation. The storage life of summer squash is brief; use within two to three days.

PREPARATION: Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

KENTUCKY ZUCCHINI

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County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

June 2013

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