



## Stuffed Zucchini Boats

**4** medium zucchini  
**1 pound** chicken breast  
**½ cup** chopped onion  
**1** egg, beaten

**¾ cup** marinara sauce  
**¼ cup** bread crumbs  
**1 teaspoon** garlic powder  
**½ teaspoon** black pepper

**1½ cups** shredded cheddar cheese  
 Olive oil, optional

**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.



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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](http://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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