



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

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Recipe 123

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## Mediterranean Chicken Stuffed Zucchini Boats

### PREPARATION

- 1 - Bring a large pot of water to boil. Preheat oven to 400°F and coat a 9x13 inch glass baking dish with olive oil.
- 2 - Cut zucchini in half lengthwise. Using a small spoon, scoop out the flesh in the center of each zucchini half, leaving about a one-quarter inch thick shell. Coarsely chop the scooped zucchini flesh and set aside.
- 3 - Add the zucchini halves to the boiling water and cook for 1 minute. Remove from the water and drain slightly on a paper or kitchen towel.
- 4 - Place a large skillet over medium heat and add the olive oil. Add the onion and cook on medium-low heat for 3 to 4 minutes, until translucent.
- 5 - Add chopped zucchini, garlic, and oregano and cook for another 3 to 4 minutes, until the zucchini is tender.
- 6 - Add the chicken, about one half of the can of tomatoes, and the kalamata olives, and cook for another few minutes until heated through. Season to taste with salt and pepper.
- 7 - Pour the remaining half a can of tomatoes into the bottom of the prepared baking dish, and place the zucchini halves in the pan on top of the tomatoes.
- 8 - Divide chicken mixture between zucchini halves and sprinkle feta cheese evenly over the top.
- 9 - Cover with foil and bake 20 minutes, then remove the foil and bake uncovered another 10-15 minutes until cheese is slightly golden and zucchini is cooked through.

### Mediterranean Chicken Stuffed Zucchini Boats

Cooks Note: These chicken stuffed zucchini boats get a Mediterranean flair with the addition of tomatoes, olives, feta, and oregano. Enjoy as a light dinner recipe or pair it with rice or pasta. A great way to use up leftover chicken and it makes a wholesome summer meal packed with fresh ingredients and bold flavors.

Bon Appétit  
-George



(photo by Marc-Henri)

### INGREDIENTS

- 4 medium zucchinis
- 1 teaspoon extra virgin olive oil
- 1/2 cup chopped onion
- 1 clove garlic, crushed
- 1 teaspoon dried oregano
- 2 cups shredded cooked chicken
- 1-28 oz can San Marzano style, chopped tomatoes in puree, divided
- 1/2 cup quartered kalamata olives
- sea salt and pepper (to taste)
- 1 cup crumbled feta cheese

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