



## Italian Stuffed Zucchini Boats

By Chef Veera Gaul, Ph.D.



### Ingredients

4 medium sized zucchinis  
3-4 cloves of garlic, minced  
1 lb ground chicken or turkey  
2 tablespoons O&V [Garlic EVOO](#) plus more for brushing zucchini \*  
2-3 tablespoons O&V [Wild Garlic Mix](#) or [Bruschetta Mix](#) \*  
2-3 tablespoons water  
¼ - ½ teaspoon red chili flakes (more to taste)  
1 jar O&V [Salsa della Mamma](#) \*  
½ cup Basil, chopped (plus more whole leaves to garnish)  
¼ cup parsley, minced  
¼ cup grated Parmesan cheese  
½ cup shredded mozzarella  
Salt and pepper to taste

### Preparation

Preheat the broiler on HIGH. Line a large baking sheet with parchment paper.

In a large skillet, heat the Garlic EVOO over medium high heat. Add the minced garlic and ground chicken to the pan and sauté 5-7 minutes until fragrant and the chicken is no longer pink. Stir well to crumble.

Add in the red chili flakes, Wild Garlic mix or Bruschetta mix, water, and stir for 2-3 minutes. Add half the bottle of Salsa della Mamma, turn to low and simmer for 5-8 minutes. Season with salt and pepper. Remove from heat, add the chopped basil and let stand for 10 minutes.

In the meantime, heat a grill pan on the stove and cut the zucchinis in half lengthwise. Using a spoon, scoop out the center from the zucchini leaving a rim on all sides to create boats. Place cut side up on a plate (See Chef Note). Brush the cut sides with additional garlic oil and lay cut side down on the hot grill pan for 3-5 minutes till grill marks appear on the cut surface. Remove from the pan and place with cut side up on the prepared baking sheet. Season with salt and pepper, and sprinkle with parmesan cheese.

Divide the ground chicken mixture between the zucchini boats, drizzle with remaining Salsa della Mamma sauce and sprinkle with mozzarella cheese. Place in the oven for 3-4 minutes until the cheese is melted. Remove and serve sprinkled with the chopped parsley and remaining basil.

Serves 4

Total Time: 35 minutes

### **Chef Note**

Check that the boats sit upright and don't fall over once filled, by placing cut side up on a plate to see if they stand upright. If not, slice a small part of the bottom of the boat to create a flat surface for the boat to stand upright.

### **Notes**

\* The [Garlic EVOO](#) adds an additional layer of garlicky flavor while the **Wild Garlic Mix** or [Bruschetta mix](#) create a slow-cooked taste to this quick meal. You can use a high quality unflavored EVOO and your favorite Italian seasoning mix, but it will certainly change out the flavors of this dish. I also love the flavor of the [Salsa della Mamma](#), made with hand-picked and slow-cooked Sicilian cherry tomatoes but a high -quality pizza or marinara sauce can be substituted.

Categories: Entrée, Gluten Free, Italian Dinner, Easy Weeknight Meal, Quick Dinner, Low Carb, 30-Minute Meal, Zucchini Boat, Stuffed Zucchini Boat, Ground Chicken Stuffing, Salsa della Mamma Sauce, Garlic EVOO, Bruschetta Mix, Wild Garlic Mix, Basil & Chicken Stuffing, Calzone stuffing