

Middle Eastern Stuffed Zucchini Boats

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-east-curry-chicken-recipe>

Ingredients:

- 4 medium zucchini about 6 ounces each
- 1 tablespoon olive oil
- 1 yellow bell pepper or red, seeded and chopped
- 1/2 onion medium-size, chopped
- 2 cloves garlic finely minced
- 1 pound ground chicken
- 1/4 cup golden raisins
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- 1/2 cup shredded cheddar cheese
- 2 tablespoons pine nuts

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 110 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 6 grams
8. Sodium: 470 milligrams
9. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Middle Eastern Stuffed Zucchini Boats above. You can see more 19+ middle east curry chicken recipe Cook up something special! to get more great

cooking ideas.