

# Low-Point Chicken Parmesan Squash Boats

## Ingredients:

- 2 medium to large yellow summer squash or zucchini
- 2, 4 oz. chicken breasts, boneless and skinless
- 3 Tbs bread crumbs
- 3 Tbs butter (Land O Lakes Light), melted
- 1 tsp. garlic powder
- 1 tsp. kosher salt or sea salt
- 1/2 tsp. pepper
- 1/4 cup grated parmesan

Heat oven or grill to 400 degrees and bake or grill chicken breasts for 15 minutes (turning once or twice) until done. Chop into small pieces and set aside. Cut squash in half widthwise and then again in half lengthwise (leaving 4 pieces). Cut or scoop out squash from center, setting aside the hollow squash boat. Chop squash filling into small pieces. In a bowl, mix chopped squash with bread crumbs, butter, garlic, salt, pepper, and parmesan. Add pieces of chopped chicken and mix until combined. Spoon mixture back into squash boats and grill or bake on a piece of aluminum foil at 400 degrees for 10 to 15 minutes. Enjoy!

Total servings - 8

Serving size - 1

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life* ([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"At its very essence, change is a process of self-discovery, of finally learning to love ourselves." - Edward Grinnan***