Leftover Chicken to Zucchini Chicken Enchiladas (boats)

**Ingredients:**

2 T vegetable oil  
4 scallions sliced (split between white and green parts)  
2 cloves garlic diced  
3 c shredded chicken (leftover)  
1 ½ salsa  
1 c Mexican blend cheese  
3-4 medium sized zucchini or summer squash  
1 T chili powder  
¼ tsp garlic powder  
¼ tsp onion powder  
1 tsp dried oregano  
½ tsp paprika

**Instructions:**

1. Preheat the oven to 375 degrees F.  
2. In a large skillet add oil and heat over medium heat. Add the scallion whites and garlic to sauté, stirring frequently, until soft, ~ 5 minutes. Sprinkle in the chili powder and cook, stirring, until the scallions are coated, and the oil is brick red, about 1 minute. Remove from the heat and stir in the chicken, 1/2 cup of the salsa and 1/2 cup of the cheese along with remaining spices. Set aside.  
3. Halve the zucchini lengthwise and scoop out center (boat).  
4. Place about ¼ cup of the chicken mixture into each “zucchini boat” add additional filling to use all. Put in a 2- to 3-quart baking dish.  
5. Top the rolls with the remaining 1 cup salsa and cheese  
6. Bake until the cheese is melted, and the filling is hot, about 25 minutes. Let cool for a few minutes. Thin the sour cream out with a little water and drizzle over the enchiladas.  
7. Garnish with scallion greens  
8. Additional toppings: sour cream or plain Greek yogurt, favorite hot sauce, or guacamole  
9.

**Nutrition Information:**

6-8 servings, 1 boat, 116 calories, 11 g carbohydrate, 3.5 g fat, 12 g protein, ~300 mg sodium 3 g fiber