



# SHRIMP & BASIL ZUCCHINI BOATS

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## INGREDIENTS

2 Servings

- 7 oz shrimp ( peeled and deveined)
- 2 zucchini medium sized
- 2 tsp minced garlic cloves
- ½ tsp salt
- 1 tbsp fresh basil chopped
- 1 tsp coconut oil
- 2 tbsp white onion diced
- 2 tbsp canned diced tomatoes
- 1/2 tsp lemon zest freshly grated
- 2 tsp jalapeño minced

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## INSTRUCTIONS

- In a large bowl filled with cold water, soak zucchini for 20 minutes. Drain and rinse.
- Bring a large pot of water to a boil. Add zucchini to boiling water and once the water begins to boil again, set aside to cool.
- Trim off the ends of the zucchini and cut in half lengthwise. Scoop out the insides without cutting the skin, leaving a ¼-inch thick wall on all sides.

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## INSTRUCTIONS CONTINUED

- Preheat oven to 450 degrees F.
- Chop shrimp into pea-sized pieces. Add to a large bowl with garlic, basil, salt, 1/2 tsp coconut oil, white onion, diced tomatoes, lemon zest, and jalapeno.
- Grease a shallow baking pan with 1/4 tsp coconut oil. Add the zucchini boats to the pan and brush them with the remaining 1/4 tsp coconut oil.
- Stuff zucchini with shrimp mixture until heaping.
- Bake for 7 to 8 minutes.
- Remove from oven and rest 5 minutes before serving.

## RECIPE NOTES

Coconut oil is optional. If you're keeping calories low, you can leave this out.

Recipe found at [www.hcgchicarecipes.com](http://www.hcgchicarecipes.com)