May/June 2021 | FREE

HealthCents

Grilled Fruit Pizza p. 5

fresh picks: Strawberries

FIRE UP THE GRILL

BRUNCH WITH MOM

+ MORE!

REDNER'S | HealthCents

2021 May-June *Contents*

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For more information, visit us at RednersMarkets.com or follow us on social media to keep up to date on the latest nutrition information and offerings.

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Everything's better with a DOLLOP OF DAISY.

Grilled Chicken Tacos

INGREDIENTS

1¼ lb. boneless, skinless chicken breasts
2 tsp. chili powder
1 tsp. paprika
1 tsp. lime zest
½ tsp. dried oregano
½ tsp. sugar
½ tsp. salt
1 red onion, peeled and cut in wedges
1 Tbsp. vegetable oil
2 small ears sweet corn
8 6-inch flour tortillas
1 lime, cut in wedges
½ cup pico de gallo
¾ cup Daisy Sour Cream

DIRECTIONS

1. Heat grill. Pound chicken to ¼-inch thickness.
2. Mix chili powder, paprika, zest, oregano, sugar and salt. Sprinkle over chicken.
3. Drizzle onions with oil. Place onion wedges and corn on grill over medium heat. Grill 5 minutes.
4. Add the chicken grill. Cook 8 to 10 minutes or until 165°F, turning once.
5. Turn corn and onion wedges frequently. Remove food from grill and cover to keep warm.
6. Grill tortillas for about 30 seconds, turning once. Cover to keep warm.
7. Cut chicken into thin strips. Separate onion into layers. Cut corn from cobs. Assemble tacos with chicken, vegetables, and remaining ingredients. Serve immediately.

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fresh picks: *Strawberries*

Sweeten your summertime meals with strawberries! One of summer's purest pleasures, strawberries provide a host of health benefits and are incredibly versatile. Enjoy them on a sweet pizza and satisfying skewers, then discover more ways to savor this treat in our article on the opposite page.

Grilled Fruit Pizza

Prep: 10 minutes
Grill: 20 minutes • Serves: 8

- Yellow cornmeal for sprinkling
- ⅓ cup cream cheese, softened
- ⅓ cup ricotta cheese
- ¼ cup toasted pecan pieces
- 2 tablespoons packed light brown sugar
- 1 pizza dough ball (9 ounces), thawed if necessary
- 1 kiwi, peeled and chopped
- 1 small peach, pitted and chopped
- ⅓ cup hulled and quartered strawberries
- ¼ cup blueberries
- 1 tablespoon honey
- 2 teaspoons chopped fresh mint

1. Prepare outdoor grill for indirect grilling over medium heat. Sprinkle bottom of rimmed baking pan with cornmeal.

2. In small bowl, whisk cheeses, pecans and sugar.

3. Roll dough into a 14-inch-long oval; carefully transfer onto prepared pan over cornmeal. With fork, poke dough several times to vent; slide dough onto hot grill rack over unlit side of grill. Cover and cook 10 minutes or until bottom of crust is browned, rotating once halfway through cooking; transfer back to baking pan.

4. Leaving ½-inch border, spread crust with cheese mixture; top with kiwi, peach, strawberries and blueberries. Slide pizza onto hot grill rack over unlit side of grill; cover and cook 10 minutes or until edges are golden brown. Cut pizza into 8 slices; drizzle with honey and sprinkle with mint.

Approximate nutritional values per serving (1 slice): 192 Calories, 8g Fat (3g Saturated), 15mg Cholesterol, 227mg Sodium, 26g Carbohydrates, 1g Fiber, 5g Protein

Strawberry, Basil & Mozzarella Skewers

Prep: 10 minutes
Cook: 15 minutes • Serves: 12

- ½ cup balsamic vinegar
- 2 tablespoons packed brown sugar
- 24 fresh mozzarella balls
- 24 small basil leaves
- 24 strawberries, hulled
- 12 (6-inch) wooden skewers

1. In small saucepot, heat vinegar and sugar to a boil over medium heat; reduce heat to medium-low and cook 15 minutes or until reduced by half. Makes about ¼ cup.

2. Alternately thread 2 of each mozzarella, basil and strawberries onto each skewer. Arrange on serving platter; drizzle with balsamic reduction.

Approximate nutritional values serving (1 skewer): 146 Calories, 10g Fat (6g Saturated), 35mg Cholesterol, 28mg Sodium, 6g Carbohydrates, 1g Fiber, 7g Protein

Savor Strawberry Season!

Filled with fiber, potassium, vitamin C and folate, strawberries are nutritious and bursting with flavor! Whether added to recipes or enjoyed on their own, try to eat more of this versatile, refreshing fruit all summer long.

Strawberry Selection Tips

Choose bright red strawberries with green stems, and remove the stems just before washing. Small to medium-size berries tend to be juicier and more flavorful. Wash strawberries just before eating and store them in the refrigerator for up to one week. To savor fresh strawberries year-round, after drying completely, freeze berries in trays or freezer-safe containers. To thaw, place under cool water for five minutes.

4 Satisfying Ways to Savor Strawberries

Enjoy these brilliant red jewels as a pop-in-your-mouth snack, or try them in one of these tasty ways!

1. Salads: Strawberries brighten leafy greens. Top beds of lettuce, spinach or arugula with strawberry slices and add red onion, feta cheese and balsamic vinaigrette for a perfectly balanced dish.

2. Smoothies: Toss strawberries in your blender for a nourishing smoothie. Try a mixture of strawberries, orange juice, milk, Greek yogurt and honey for a satisfyingly slurpable summer treat.

3. Salsa: Fruit salsas are perfect for serving over entrées like grilled chicken or fish or enjoying with tortilla chips or pita crisps. Create a sweet and spicy summer salsa using strawberries and jalapeños, plus other fresh ingredients like chopped avocado, diced red onion and cilantro.

4. Pizza: For a tasty twist on pizza, top crusts with goat cheese, basil and sliced strawberries. Or, transform pizza into a sweet treat featuring strawberries, ricotta cheese, peak-season fruits and nuts, as seen in our Grilled Fruit Pizza recipe.

Fruit & Baby Kale Smoothie

Prep: 5 minutes • Serves: 3

- 2 cups unsweetened almond milk
- 1 cup packed baby kale
- ¾ cup frozen blueberries
- ¾ cup frozen sliced peaches
- ½ cup frozen pitted sweet cherries
- ½ cup frozen strawberries
- 2 tablespoons maple syrup
- 2 tablespoons oat flour
- 1½ teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ¾ teaspoon ground ginger

Place all ingredients in a blender and purée until smooth, scraping down sides of blender once or twice. Makes about 4 cups.

Approximate nutritional values per serving: 185 Calories, 3g Fat (0g Saturated), 0mg Cholesterol, 125mg Sodium, 36g Carbohydrates, 5g Fiber, 4g Protein

Chef Tip

To make oat flour, grind rolled oats in a coffee grinder to the consistency of flour.

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Fire Up THE GRILL

Elevate your grilling rotation this season with recipes that bring adventurous tastes and techniques to the table. Fire up the grill for easy veggie kabobs paired with herbaceous pesto and chicken thighs coated in tangy balsamic. Check out our grilling tips on page 9 to help you step up to the grates with confidence.

Grilled Pesto Veggie Kabobs

Prep: 30 minutes plus soaking
Grill: 5 minutes • Serves: 8

- 8 (10-inch) wooden skewers
- 16 baby bella mushrooms, stemmed, large mushrooms halved or quartered
- 16 cherry tomatoes
- 2 medium ears corn, cut into 16 (1-inch) wheels
- 2 medium zucchini, cut into 16 (½-inch) rounds
- 1 small red onion, cut into 16 (1-inch) wedges
- 1 orange bell pepper, cut into 16 (1-inch) pieces
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons prepared pesto

1. Prepare outdoor grill for direct grilling over medium heat. Soak skewers in water 20 minutes.

2. Alternately thread vegetables onto skewers. In small bowl, stir oil, garlic powder, salt and pepper; brush over kabobs.

3. Place kabobs on hot grill rack; cover and cook 5 minutes or until vegetables are tender, turning occasionally.

4. In small bowl, stir pesto and 1½ teaspoons water; brush over skewers.

Approximate nutritional values per serving (1 kabob): 90 Calories, 6g Fat (1g Saturated), 0mg Cholesterol, 200mg Sodium, 11g Carbohydrates, 2g Fiber, 3g Protein

Balsamic Grilled Caprese Chicken Thighs

Prep: 10 minutes plus marinating
Grill: 10 minutes • Serves: 4

- 2 garlic cloves, minced
- ¼ cup balsamic vinegar
- 2 tablespoons olive oil
- 4 boneless, skinless chicken thighs (about 1½ pounds
- 4 ounces fresh mozzarella cheese, sliced
- 1 Roma tomato, thinly sliced
- 1 tablespoon thinly sliced fresh basil leaves

1. In large zip-top plastic bag, combine garlic, vinegar and oil; add chicken and toss to coat. Seal bag, pressing out excess air; refrigerate at least 1 or up to 4 hours.

2. Prepare outdoor grill for direct grilling over medium-high heat. Remove chicken from marinade; discard marinade. Place chicken on hot grill rack; cook, covered, 8 minutes or until internal temperature reaches 165°F, turning once halfway through cooking. Top chicken with cheese and tomato; cook, covered, 2 minutes or until cheese melts. Serve sprinkled with basil.

Approximate nutritional values per serving:
364 Calories, 22g Fat (8g Saturated), 176mg Cholesterol, 210mg Sodium, 4g Carbohydrates, 0g Fiber, 34g Protein

Tips for Great Summer Grilling

You don't need to be an expert to practice great grilling. Here are some of our favorite tips to help you grill like a pro all summer long.

Preheat & Keep it Clean
To prevent foods from sticking to the grates, preheat the grill with the lid closed for 10 to 15 minutes to ensure the grates are hot enough to sear foods properly. After preheating or immediately after use, be sure to clean the grates thoroughly with a sturdy, long-handled stainless steel or metal brush – it's best to clean when the grill is hot.

Temps & Times
Foods like thin cuts of meat, kabobs, steaks and burgers cook best at a fast pace over high temperatures and require a watchful eye. However, hot and fast isn't the way to grill everything! Grill foods like chicken, fish, vegetables and fruit at lower temperatures or medium heat for extended periods. Though these items don't cook as fast, they still require monitoring.

Check the Temp & Rest Assured
Knowing when food is done can be challenging. Instead of relying on a food's appearance, invest in an instant-read thermometer to ensure foods are cooked to a safe internal temperature: 145°F for fish, beef and pork, 160°F for ground meats including beef, pork, veal and lamb, and 165°F for poultry. With carryover cooking, you can expect temperatures to increase about five to ten degrees after leaving the grill. Rest finished meats on a clean platter, tented with foil, for about 10 minutes before serving so juices can redistribute evenly.

Keep it Simple
Crowding the grill with burgers, kabobs and veggies can quickly become stressful, as all the items have different cooking times. If you're a grilling rookie or cooking for a big group, simplify by prepping one to two meats and offering variety in other areas like side dishes, sauces or condiments.

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brunch *with Mom*

Tell Mom to sit back and relax while you cook her up a nutritious, mouthwatering spread for Mother's Day (or any day of the year)! Start with an egg bake for breakfast filled with smoky sausage, broccoli, cheese and tots, then create crêpes accented with Mom's favorite sweet or savory filling. Pair the special meal with fresh Strawberry Lemonade. Cheers to Mom!

Fresh Strawberry Lemonade

Strawberries give this iconic summer drink a boost of nutrients and flavor that will keep you sippin' all summer long!

Tater Tots™ make an easy, delicious addition to this brunch bake. Customize it with more of your favorite veggies!

Broccoli, Cheddar & Sausage Tater Tot Bake

Whole-Grain Crêpes

Whether sweet or savory, you can't go wrong with these French-inspired crêpes. Find more mouthwatering combinations on the next page!

Fresh Strawberry Lemonade

Prep: 25 minutes plus cooling • Serves: 8

- 1 package (16 ounces) strawberries, hulled and halved, plus additional for garnish (optional)
- ⅓ cup honey
- ¾ cup fresh lemon juice plus lemon slices for garnish (optional)

1. In medium saucepan, heat strawberries, honey and 1 cup water to a boil over medium-high heat; reduce heat to medium and simmer 15 minutes, stirring occasionally. Remove from heat and cool.

2. To blender, add cooled strawberry mixture; blend thoroughly until smooth.

3. In large pitcher, stir strawberry purée, 3 cups cold water and lemon juice. Makes about 6 cups.

4. Serve lemonade over ice garnished with strawberries and/or lemon slices, if desired.

Approximate nutritional values per serving (¾ cup): 60 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 5mg Sodium, 17g Carbohydrates, 1g Fiber, 0g Protein

Chef Tip

Adjust flavor to taste with additional honey or water.

Whole-Grain Crêpes

Prep: 15 minutes plus chilling
Cook: 28 minutes • Serves: 6

- 3 tablespoons unsalted butter, 2 tablespoons melted and cooled
- 2 large eggs, at room temperature
- 1 cup reduced fat milk, at room temperature
- 1 cup white whole wheat flour
- 1 tablespoon granulated sugar
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt

1. In blender, blend 2 tablespoons melted butter, remaining ingredients and ⅓ cup room temperature water 30 seconds or until smooth; cover and refrigerate at least 30 minutes or up to overnight. Makes about 2¼ cups.

2. In 8-inch nonstick skillet, heat ¼ teaspoon butter over medium heat; pour about 3 tablespoons egg mixture in center of skillet. Quickly swirl pan so batter forms an even, thin layer; batter should set immediately and form tiny bubbles. Cook crêpe 1½ minutes or until bottom is lightly browned and top appears dry. Gently lift 1 edge of crêpe with rubber spatula; carefully grab crêpe with fingers and flip. Cook crêpe 30 seconds or until bottom is lightly browned; transfer to plate and cover to keep warm. Repeat with remaining butter and batter to make 11 more crêpes. Makes about 12 crêpes.

Approximate nutritional values per serving (2 crêpes): 172 Calories, 9g Fat (5g Saturated), 81mg Cholesterol, 93mg Sodium, 19g Carbohydrates, 2g Fiber, 6g Protein

Chef Tips

The first crêpe is usually a tester, so don't be discouraged if it doesn't turn out right.

Use a timer to prevent flipping the crêpe too quickly.

Try crêpes with these sweet and savory fillings:

- *Jarred lemon curd + fresh blueberries + dusting of powdered sugar*
- *Sautéed baby spinach + tomatoes + bacon*
- *Chocolate hazelnut spread + fresh strawberries + dusting of powdered sugar*
- *Cream cheese + smoked salmon + chives*
- *Natural nut butter + banana + dusting of powdered sugar*

Broccoli, Cheddar & Sausage Tater Tot™ Bake

Prep: 25 minutes
Bake: 45 minutes • Serves: 12

- Nonstick cooking spray
- 1 package (32 ounces) Tater Tots™
- 2 teaspoons olive oil
- ½ cup finely chopped yellow onion
- 2 garlic cloves, minced
- 2 links cooked Italian-style chicken sausage, cut into ¼-inch pieces
- 3 cups broccoli florets
- 10 large eggs
- ¾ cup reduced fat milk
- 1 teaspoon Italian seasoning
- ¼ teaspoon ground black pepper
- 1 cup shredded sharp Cheddar cheese

1. Preheat oven to 375°F. Spray 13 x 9-inch baking dish with cooking spray. Spread tots in prepared dish.

2. In large skillet, heat oil over medium-low heat. Add onion; cook 3 minutes or until tender, stirring occasionally. Add garlic; cook 1 minute, stirring occasionally. Add sausage and broccoli; cook 4 minutes or until browned, stirring occasionally. Spread onion mixture over tater tots.

3. In large bowl whisk eggs, milk, seasoning and pepper; pour over onion mixture. Sprinkle with cheese and bake 45 minutes or until internal temperature reaches 145°F and top is browned; cut into 12 pieces. Makes about 9 cups.

Approximate nutritional values per serving (1 piece): 280 Calories, 16g Fat (5g Saturated), 175mg Cholesterol, 550mg Sodium, 24g Carbohydrates, 1g Fiber, 12g Protein

Veggie Burrito Bowls with Grilled Mango

QUINOA:
- 1 cup uncooked quinoa
- 2 cups water
- 1 teaspoon chili powder
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon garlic powder

BLACK BEANS:
- 1 can (439 g) black beans
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cumin
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon smoked paprika

PICO DE GALLO:
- 2 (about 185 g) tomatoes, chopped
- 1 teaspoon minced jalapeño
- ½-1 teaspoon freshly squeezed lime juice
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper

SAUTEED VEGETABLES:
- 1 green bell pepper, thinly sliced
- ½ large yellow onion (or 1 small yellow onion), thinly sliced
- 2 tablespoons extra virgin olive oil
- ½ teaspoon salt

GRILLED VEGETABLES:
- 2 small zucchini
- 1-2 large mangos (see note)
- A few pinches salt
- Freshly ground black pepper
- Olive oil

FOR ASSEMBLY:
- Greek yogurt or sour cream
- Shredded cheese
- Lime wedges
- Chopped cilantro

To make the quinoa: Place the quinoa in a fine-mesh strainer and rinse with cold water until the water runs clear. Let drain briefly, then transfer the quinoa to a medium saucepan. Add the water, chili powder, salt, black pepper, and garlic powder, and stir to combine. Set the pan over medium-high heat, cover, and bring to a boil. Once boiling, lower the heat to lowest setting, and cook for 15 minutes without opening the lid. Then turn off the heat and leave the pan covered for an additional 5 minutes to allow the water to fully absorb into the quinoa. Stir and fluff the quinoa with a spoon, then use immediately or transfer to a sealed container and refrigerate up to 3 days.

Recipe Notes: *The quinoa, black beans, pico de gallo, and sautéed vegetables can all be made ahead of time, if desired. Be sure to reheat the quinoa, beans and sautéed vegetables before serving for best results.*

When selecting mangos, choose fruits that are somewhat firm. If they are too ripe and soft, they can fall apart during grilling.

Mango.org

Pancake Skewers with Nutella® Hazelnut Spread

Time: 15 minutes • Serves: 2

Pancakes:
- 1 cup Krusteaz® Buttermilk Complete Pancake Mix
- ⅔ cup cold water
- 1 tbsp melted butter (or nonstick cooking spray)

Skewers:
- ½ cup Nutella®
- 1 banana, cut into 8 pieces
- 16 strawberries, hulled

To prepare this delicious recipe, 1 teaspoon of Nutella® per person is enough to enjoy!

1. Measure mix by lightly spooning it into measuring cup and leveling it off. Whisk together pancake mix and cold water. Do not overmix. Let batter stand 2 minutes.

2. Heat large nonstick skillet over medium heat or pancake griddle to 375°F. Lightly grease with melted butter or nonstick cooking spray.

3. Pour approximately 1 tablespoon batter per pancake, into skillet or onto griddle.

4. Cook for 1 to 1½ minutes per side. For light and fluffy pancakes, flip only once, when top bubbles and bottoms are golden brown. Repeat with remaining oil and batter.

5. Spread 1 teaspoon of Nutella® hazelnut spread evenly over each pancake.

6. Thread pancakes onto 4 large skewers, alternating with banana pieces and strawberries.

summer Salads

Shake up your summer salads with a variety of peak-season produce. Intensify the flavors of summer fruits like strawberries and melons by taking them to the grill, then enjoy their caramelized, smoky tastes in our Grilled Fruit Salad drizzled with balsamic glaze. To amp up your savory salads, combine summer staples like corn, cherry tomatoes and avocados with a light dressing for a bright, nourishing dish.

Grilled Fruit Salad with Balsamic Drizzle

Prep: 20 minutes plus cooling
Grill: 6 minutes • Serves: 6

- 6 large strawberries, hulled
- 1 cantaloupe (about 3 pounds), rind removed, halved crosswise, seeded and cut into 1-inch-thick half-moons
- 1 seedless watermelon (about 3 pounds), rind removed, halved crosswise and cut into 1-inch-thick half-moons
- Nonstick cooking spray
- 1 cup crumbled feta cheese
- 3 tablespoons balsamic glaze
- 3 tablespoons chopped fresh basil

1. Prepare outdoor grill for direct grilling over medium-high heat. Spray strawberries, cantaloupe and watermelon with cooking spray. Place fruit on hot grill rack; cook strawberries 3 minutes, and cantaloupe and watermelon 6 minutes or until grill marks appear, turning once. Transfer fruit to cutting board and cool; cut 4 strawberries, cantaloupe and watermelon into 1-inch pieces.

2. In large bowl, toss cut fruit and cheese. Makes about 12 cups.

3. Serve 8 cups fruit salad drizzled with balsamic glaze and sprinkled with basil.

Approximate nutritional values per serving (2 cups fruit salad, 1½ teaspoons balsamic glaze): 322 Calories, 7g Fat (4g Saturated), 22mg Cholesterol, 250mg Sodium, 28g Carbohydrates, 2g Fiber, 6g Protein

Fresh Corn, Cherry Tomato & Avocado Salad

Prep: 25 minutes
Cook: 3 minutes • Serves: 6

- 6 medium ears of corn, silks and husks removed
- ¼ cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground red pepper
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 cups halved cherry tomatoes
- ½ cup finely chopped red onion
- 2 tablespoons chopped fresh chives
- 1 large avocado, cut into ½-inch pieces
- ⅓ cup small whole basil leaves

1. Heat large covered saucepot of salted water to boiling over high heat. Add corn and cook 3 minutes or until corn is crisp-tender. Rinse corn with cold water; drain and cut kernels from cobs.

2. In large bowl, whisk together oil, lemon juice, mustard, red pepper, salt and black pepper; stir in tomatoes, onion, chives and corn. Fold in avocado and basil. Makes about 6 cups.

Approximate nutritional values per serving (1 cup salad): 251 Calories, 15g Fat (2g Saturated), 0mg Cholesterol, 121mg Sodium, 29g Carbohydrates, 6g Fiber, 5g Protein

5-Ingredient *Favorites*

Simplify summertime meals with a few grilled recipes featuring healthy pantry staples. Enjoy a plant-based pizza night with portobellos packed with marinara, mozzarella, kale and garlic for healthy handhelds that come together in minutes! For another quick and easy meal, take summer boating to the grill with Grilled Chicken Parmesan Zucchini Boats. Zucchini holds its structure well on the grill while providing a perfect vehicle for the savory, saucy filling!

Grilled Garlicky Kale Portobello Pizzas

Prep: 15 minutes
Grill: 10 minutes • Serves: 4

1. Kale: Prepare outdoor grill for direct grilling over medium-high heat. Stem and chop 2 cups packed kale. Heat large skillet over medium-high heat; spray with nonstick cooking spray. Add kale; cook 2 minutes, stirring occasionally.

2. Garlic: Mince 4 garlic cloves; add to skillet and cook 1 minute, stirring constantly.

3. Portobello Mushroom Caps: Spray both sides of 8 portobello mushroom caps with nonstick cooking spray; sprinkle with ¼ teaspoon each salt and pepper. Place mushroom caps, gill side down, on hot grill rack; cover and cook 5 minutes.

4. Marinara Sauce: Turn mushrooms; evenly top with 1 cup marinara sauce.

5. Low-Moisture Part-Skim Mozzarella Cheese: Sprinkle ¾ cup shredded low-moisture part-skim mozzarella cheese over sauce; top with kale mixture. Cover and cook 5 minutes or until cheese melts.

Approximate nutritional values per serving:
166 Calories, 8g Fat (3g Saturated), 14mg Cholesterol, 528mg Sodium, 18g Carbohydrates, 4g Fiber, 11g Protein

Watch the how-to video:
rednersmarkets.com

Grilled Chicken Parmesan Zucchini Boats

Prep: 20 minutes
Grill: 10 minutes • Serves: 4

1. Zucchini: Prepare outdoor grill for direct grilling over medium-high heat. Cut 2 large zucchini lengthwise in half; leaving ½-inch wall, scoop out inside portion with spoon and reserve. Spray both sides of zucchini with nonstick cooking spray; sprinkle with ¼ teaspoon each salt and pepper. Place zucchini, cut side down, on hot grill rack; cover and cook 5 minutes or until grill marks appear, turning once.

2. Chicken Breasts: Cut 1 pound boneless, skinless chicken breasts into ½-inch pieces. Heat large skillet over medium-high heat; spray with nonstick cooking spray. Add chicken; cook 7 minutes, stirring occasionally. Coarsely chop and add reserved zucchini pulp; cook 3 minutes or until internal temperature of chicken reaches 165°, stirring occasionally.

3. Marinara Sauce: Stir ½ cup marinara sauce into chicken mixture.

4. Parmesan Cheese: Stir 2 tablespoons Parmesan cheese into chicken mixture.

5. Italian-Seasoned Breadcrumbs: Stir ¼ cup Italian-seasoned breadcrumbs into chicken mixture. Fill zucchini with chicken mixture; sprinkle with ¼ cup Parmesan cheese. Place zucchini, filling side up, on hot grill rack; cover and cook 5 minutes or until zucchini is tender and cheese melts.

Approximate nutritional values per serving:
230 Calories, 8g Fat (2g Saturated), 68mg Cholesterol, 544mg Sodium, 12g Carbohydrates, 2g Fiber, 29g Protein

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