



# FIXATE RECIPES

## CHICKEN PARM ZUCCHINI BOATS

Serves: 4 (1 zucchini boat each)

GF

Total Time: 45 min.

Prep Time: 2 min.

Cooking Time: 43 min.

- 1 Tbsp. olive oil
- 1 lb. raw ground chicken
- 1 cup **FIXATE Grandma's Tomato Sauce** (see separate recipe for **FIXATE Grandma's Tomato Sauce**)
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 2 medium zucchini
- ¼ cup grated Parmesan cheese
- ¼ cup shredded mozzarella cheese

**SPECIAL EQUIPMENT:** Nonstick cooking spray

1. Preheat oven to 400° F.
2. Lightly coat a baking dish with spray; set aside.
3. Heat oil in a large nonstick skillet over medium-high heat.
4. Add chicken; cook, breaking apart with a spoon, for 5 minutes, or until no longer pink.
5. Add **FIXATE Grandma's Tomato Sauce**, salt, and pepper; stir to combine. Bring to a boil; reduce heat to low. Gently boil for 2 to 3 minutes, or until sauce thickens; remove from heat.
6. Cut zucchini in half lengthwise; scoop out centers with a spoon, leaving ¼-inch thick boats.
7. Evenly divide chicken mixture among boats, approx. ¾ cup each; top each with 1 Tbsp. Parmesan cheese and 1 Tbsp. mozzarella cheese.
8. Place boats in prepared baking dish; cover with foil. Bake for 30 minutes; uncover. Place under broiler; cook for an additional 3 to 5 minutes, or until cheese begins to brown and zucchini are tender.

**RECIPE NOTE:**

- The zucchini scooped from the center goes well in soups, salads, or in our **FIXATE Mexican Drinking Chocolate Shakeology**.

**Nutritional Information (per serving):**

Calories:	328	Cholesterol:	110 mg	Fiber:	3 g
Total Fat:	19 g	Sodium:	870 mg	Sugars:	7 g
Saturated Fat:	6 g	Carbohydrates:	12 g	Protein:	28 g

**Container Equivalents (per serving)**

**THE ULTIMATE PORTION FIX** ■ 1½ ■ 1 ■ ½ ■ 2

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.



## GRANDMA'S TOMATO SAUCE<sup>o</sup>

**SERVES: 28** (approx. 2 Tbsp. each) Prep Time: 40 min. Cooking Time: 1 hr. 15 min. (minimum)

CONTAINER EQUIVALENTS (per serving): 1 ½



**2 Tbsp.** olive oil  
**¾ cup** onion, chopped (approx. 1 medium)  
**4 cloves** garlic, finely chopped  
**3 oz.** tomato paste  
**¼ cup** red wine  
**2 cans (28-oz. ea.)** whole peeled tomatoes, pureed (preferably San Marzano)  
**2 Tbsp.** coconut sugar  
**1 tsp.** sea salt (or Himalayan salt)  
**¼ tsp.** ground black pepper  
**3 oz.** Parmesan (or Parmigiano) cheese rind  
**3 Tbsp.** finely chopped fresh basil

1. Heat oil in large saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add garlic and tomato paste; cook, stirring constantly, for 2 to 3 minutes. Do not let tomato paste burn.
4. Add wine; cook, stirring constantly, for 2 to 3 minutes.
5. Add tomatoes, sugar, salt, and pepper. Bring to a boil, stirring frequently. Reduce heat to low; gently boil, stirring occasionally, for 3 minutes.
6. Add cheese rind; cook, uncovered, stirring occasionally, for 1 hour.
7. Remove cheese rind. Add basil; mix well.

### RECIPE NOTES:

- Choosing the right canned tomato can be tricky. Quality definitely matters, but price doesn't always reflect quality. Look out for tomatoes that appear pale and watery, or taste bland and overly acidic. Let taste be your guide. Also, I always buy whole peeled tomatoes and blend or crush them myself because producers save the best tomatoes for whole canning, and send the lower-quality yield to the grinder.
- The Parmesan rind is not totally necessary, but it is a great way to add depth to the sauce without much by way of extra calories. I always save the rinds from hard cheeses like Parmesan and Pecorino Romano to add to sauces and soups for extra flavor.
- If cooking the sauce for a long time, to further develop the flavors, add 1 to 2 cups water, ¼ cup at a time, to achieve desired consistency; cook, on very low heat, covered, stirring about every 5 to 10 minutes, for 4 to 6 hours.
- Store in the refrigerator for up to 4 days, or in the freezer for up to 3 months.

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 49 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 2 mg Sodium: 139 mg Carbohydrates: 6 g Fiber: 1 g Sugars: 4 g Protein: 2 g

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.