3 large zucchini and/or squash (Makes 2 servings)

8oz chicken

4 slices turkey bacon

1 ½ servings fat free shredded cheddar cheese

1 cup plain Greek yogurt

¼ cup Jalapenos

¼ cup buffalo sauce

Instructions:

Preheat oven to 400 degrees

Cut zucchini in half long ways

Use a carving spoon or regular spoon and carve out the middle of zucchini

 I recommend carving out a decent amount of the zucchini to reduce the water retention of the vegetable after it is cooked

Microwave bacon for 90 seconds and pre-cook chicken

Dice up all ingredients and mix in a bowl with the Greek yogurt

Evenly distribute your mix into each boat

Bake for 35 minutes

280 calories 5F/13C/44P