

8-Ball Zucchini Stuffed with Cheesy Chicken and Rice

A yummy way to use up garden eight-ball zucchini. Spice it up with pepper Jack cheese!

Recipe by Melanie James | Created on **Mar 11, 2022**

Ingredients

- 2 skinless, boneless chicken breast halves
- 1 pinch chili powder, or to taste
- 1 pinch garlic powder, or to taste
- salt and ground black pepper to taste
- 2 cups water
- 1 cup uncooked white rice
- 2 8-ball zucchini
- 2 tablespoons salted butter, or more as needed
- ¼ cup diced onion, or to taste
- 2 tablespoons all-purpose flour, or more as needed
- 1 cup milk, or more as needed
- 1 ½ cups shredded Cheddar cheese, or more to taste

Directions

- Cover chicken breasts with salted water and brine in the refrigerator, 8 hours to overnight.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove chicken from brine and pat dry. Season with chili powder, garlic powder, salt, and pepper.
- Grill until browned and no longer pink in the center, 15 to 20 minutes, flipping halfway through cooking time. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- While chicken is cooking, bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and water has been absorbed, 20 to 25 minutes.
- Preheat the oven to 350 degrees F (175 degrees C). Cut tops off the zucchini and scoop out the seeds. Set aside.
- Heat butter in a medium saucepan over medium heat. Saute onion in the hot butter until soft, 5 to 7 minutes. Add flour; cook and stir until browned, about 1 minute. Pour in milk; season with salt and pepper. Continue to cook and stir constantly until it starts to thicken. Stir in Cheddar cheese until melted.
- Cut cooked chicken into bite-sized pieces. Stir chicken and rice into the cheese sauce. Fill zucchini with the cheesy mixture and place on a baking sheet.
- Bake in the preheated oven until softened, 20 to 25 minutes. Serve.

Nutrition Facts

Serving: **2 stuffed zucchinis** | Calories: **1101.7 kcal** | Carbohydrates: **93.5 g** | Protein: **62.7 g** | Saturated fat: **31.7 g** | Cholesterol: **213.5 mg** | Sodium: **937.7 mg** | Fiber: **3.3 g** | Sugar: **9.5 g**

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