

Creamy Zucchini Stuffed Chicken Over Rice

Ingredients

- 3-4 Chicken Breasts (depending on size)
- 4 Tablespoons Cajun Seasoning (homemade, recipe below)
- 2-3 Zucchini's, chopped (depending on size)
- 3-4 Cloves Garlic, minced
- 1/2 Large Sweet Onion, chopped
- 1 Package of Cream Cheese, softened
- 1/4 Cup Sour Cream
- 1/2 Cup Sharp Cheddar Cheese, Shredded
- 2-3 Cups Rice (depending on preference)

Cajun Seasoning

- 2 tablespoons (each)
 - Paprika
 - Garlic Powder
- 1 tablespoon (each)
 - Salt
 - Black Pepper
 - Onion Powder
- Add these to taste:
 - Cayenne Pepper
 - Oregano
 - Thyme

Instructions

Step 1: Preheat the oven to 375 degrees. In a large mixing bowl combine the zucchini, garlic, onion, cream cheese, sour cream, and sharp cheddar cheese. Blend well and set aside.

Step 2: Cover the bottom of the pan with a layer of cajun seasoning. Place the chicken breasts on top and cover. Leave them whole, or slice them and stuff mixture into center. Cover the chicken breasts with another layer of cajun seasoning, and add the remainder of the mixture to the pan. Cover the dish with aluminum foil and place in the oven for 45-50 minutes, or until the chicken is fully cooked. Start rice.

Step 3: Take the dish out of the oven and remove tin foil. Allow it to cool. Once cooled, shred chicken into smaller pieces and serve over rice. Enjoy!