

Zuccanoes

From "The Moosewood Cookbook" by Mollie Katzen

Prep time: 1 $\frac{1}{4}$ hrs, serves 6

You'll need:

About 1 $\frac{1}{2}$ cup cooked brown rice
3 medium zucchini
Butter
 $\frac{1}{2}$ lb chopped mushrooms
Lg chopped onion
1 clove garlic
2 Tbs sunflower seeds
3 eggs
1 $\frac{1}{2}$ cup cottage cheese $\frac{1}{4}$ cup wheat germ
3 Tbs. tamari sauce
Dash of Worcestershire
Tabasco
1c grated cheddar cheese
Paprika, rosemary, basil and thyme

Assembling:

Slice 3 zucchini in half lengthwise and scoop out insides, leaving $\frac{1}{4}$ "rim, so canoe stays intact.

Sauté' in butter:

Chopped zucchini innards, mushrooms, onions, garlic and sunflower seeds.

Season with rosemary, basil and thyme.

Beat 3 eggs. Mix with cottage cheese, wheat germ, tamari dash Worcestershire, a few shakes of Tabasco sauce, grated cheddar and rice. Add the sautéed veggies.

Stuff the canoes generously, sprinkle with paprika.

Bake 40 minutes at 350 degrees.

Serve topped with extra cheddar or sour cream.

