

**Zuccanoes** (“Moosewood Cookbook” Mollie Katzen)

*If you don't have any pre-cooked soybeans or brown rice hanging around in your refrigerator, put up ½ cup raw rice to cook before you begin.*

Preparation time: 1 ¼ hours, including baking

To serve 6

Slice 3 medium zucchini or other summer squash in half lengthwise. Scoop out insides, leaving ¼” rim so canoe stays intact.

Saute in butter: chopped zucchini innards

½ lb chopped mushrooms

a large, chopped onion

1 clove crushed garlic

2 Tbsp sunflower seeds

Season with rosemary, thyme & basil

Beat 3 eggs.

Mix with 1 ½ cups cottage cheese

¼ cup wheat germ

3 Tbsp tamari sauce

dash of Worcestershire sauce,

a couple shakes Tabasco sauce

1 cup grated cheddar

1 cup cooked soybeans and/or brown rice

Add the sautéed veggies.

Stuff the canoes generously. Sprinkle with paprika. Bake 40 minutes at 350 degrees. Serve topped with extra grated cheese or sour cream.