

Zuccanoes

(or Stuffed Zucchini)

Since zucchini can be more than plentiful in this season, there is a constant search for creative ways to use it. This recipe was inspired by one in the original Moosewood Cookbook by Mollie Katzen. The zucchinis are cut in half lengthwise and then scooped out so they resemble canoes. The filling can be anything that is in the garden growing alongside the zucchini, what grows together goes together!

3 medium zucchini, cut in half lengthwise, scoop out the insides leaving a ¼" wall so they retain their shape

½ onion, chopped

1 garlic clove, minced

Zucchini innards, chopped

1 medium tomato, seeded and chopped

1/2C crumbled feta cheese

1 C cooked brown rice

Rosemary, minced

Basil, chopped

Thyme, minced

Paprika

Parmesan cheese

Preheat the oven to 350°F.

Saute the onion and garlic in a wide skillet for about 3 minutes, until the onions are wilted and the fragrance fills the air. Add a little salt and pepper. Stir in the tomato, feta, rice and the herbs. Sprinkle with a little paprika if desired.

Place in a baking dish and cover tightly with foil. Bake for 40 minutes, until a knife point easily penetrates the zucchini shell. Pass with some good parmesan cheese. Serve hot.

*I usually have a bit of left over stuffing, it is a great side, just rewarm a bit. Sometimes I will add some chopped mushrooms to the stuffing. If you like nuts a few pinenuts would be nice too.