

## ZUCCHINI FETA CASSEROLE

3 / 4 cup bulgur,  
2 - 3 zucchini,  
1 cup cottage cheese,  
1 cup feta cheese  
1 cup grated cheddar Cheese  
Dried Herbs and Seeds: oregano, basil, marjoram, black pepper, sesame or sunflower seeds

Fresh parsley  
Tomato paste  
2 eggs  
2 cups onions  
Soy Sauce

1. Place 3/4 cups bulgur in a bowl.
2. Pour over 3/4 cup boiling water.
3. Cover & set aside until all water is absorbed & bulgur is soft & chewable.
4. Then mix in 1 / 2 - 1 cup chopped fresh parsley, 2 Tbl tomato paste, 1 Tbl soy sauce.
5. Sauté 2 cups sliced onions, 6 cups zucchini rounds, 1 / 2 tsp dried oregano, 1 / 2 tsp dried basil, 1/2 tsp dried marjoram, 1 / 2 tsp black pepper.
6. Sauté on medium to low heat until zucchini is tender but not falling apart.
7. Lightly beat 2 eggs in a bowl.
8. Mix in 1 cup grated feta cheese and 1 cup cottage cheese.
9. Assemble layers in an oiled 9x9 casserole in this order – 1) bulgur mixture, 2) sautéed vegetables, 3) feta mixture.
10. Top with 1- grated cheddar cheese, 2 tomato slices (in winter use diced canned ones), 3 1 / 2 Tbl sesame seeds.
11. Bake, covered, at 350 degrees for 45 minutes.
12. For crustier cheese, uncover for the final 15 minutes of baking.
13. This can be more easily served after it sits for 5-10 minutes.