

## Stuffed Squash or Hokkaido Pumpkin

This can be a delicious side dish or a main course for Thanksgiving.

### Ingredients:

1 large buttercup squash or Hokkaido pumpkin  
1 ½ cups of whole wheat or unyeasted sourdough bread  
½ cup onion, diced  
1 ½ cups, seitan, cubed  
4 to 5 mushrooms, diced  
¼ cup celery, diced  
½ cup water  
1 tsp. organic dried sage (optional)  
Tamari soy sauce  
Sesame oil (toasted or plain)  
Sea salt

### Preparation:

Cut out the top of the squash or pumpkin as you would when making a Jack-O-Lantern and clean out the seeds. Heat a small amount of oil in a skillet and sauté the onion with a pinch of sea salt for 1 to 2 minutes. Add the mushrooms and celery and sauté another 3 to 4 minutes. Place in a mixing bowl. Add the bread cubes, seitan, water, sage and sprinkle several drops of soy sauce over the ingredients and mix thoroughly.

Place the stuffing inside the hollowed-out squash and put the top back on. Lightly oil the skin of the squash and place in a glass baking pan. Bake at 450 degrees for about 30 to 35 minutes or until tender. Test to see whether the squash is done by piercing the skin with a fork, bamboo skewer or chopstick. If the squash is tender, it is done.

You can either remove the top of the squash and slice through the squash and stuffing or you can scoop out the stuffing and then slice the squash.