

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box :

One of our favorite recipes:



Vegetarian "Meat"loaf

This is one of those brilliant moments of kitchen alchemy. The ingredients have no business tasting like meatloaf, but when you mix them in a bowl and bake them... Let's just say that even my omnivorous relatives like this faux meatloaf as much or more than the real thing.

The recipe freezes very well. I usually double it and store a loaf in the freezer for a lazy evening.

Prep time: 10 min

Cook time: 70 min

Total time: 80 min

Yield: 1 loaf (6 servings)

16 ounces cottage cheese

4 eggs, slightly beaten

1/4 cup olive oil

1 packet onion dip (soup) mix

1 cup finely chopped walnuts (Or whole walnuts if you have a food processor)

2 cups bran cereal flakes

1/4 cup chopped onion

Directions

Preheat oven to 350 degrees F

(Optional step) In a food processor, puree the walnuts and bran flakes until there are no large chunks.

In a large bowl, combine cottage cheese, eggs, vegetable oil, soup mix, walnuts, cereal and onion. Spoon into pan. Bake for 60 to 70 minutes. Let rest for 5 to 10 minutes

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