

Holiday Nut Loaf

Ready in: about 2 hours; Serves: 10

INGREDIENTS

- 1 c. tofu + 1/2 c. water (or 1 c. soaked soybeans with 1 c. water)
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 Tbsp Bragg's Liquid Aminos (or 2 tsp soy sauce)
- 1/4 c. gluten flour or cornstarch
- 1 1/2 tsp salt
- 1 Tbsp onion powder
- 1 tsp ground sage or Italian seasoning
- 3-4 c. soft whole grain breadcrumbs
- 2 c. pecans (you may use walnuts, almonds, peanuts, sunflower seeds, or cashews)
- 2 c. finely chopped onions

INSTRUCTIONS

1. Blend tofu (or soybeans) with water, garlic, and seasonings.
2. Combine remaining ingredients in a mixing bowl. Add blended tofu or soybeans and mix well. Hint: A food processor or high-speed blender will greatly simplify the preparation of this loaf. The bread can easily be made into crumbs several slices at a time, the nuts can be ground, and the onions chopped. These breadcrumbs are made using soft, untoasted bread. Dried crumbs are more compact, so if you use them, use only 1 1/2 to 2 cups.
3. Place mix in lightly oiled or nonstick loaf pan. Cover with foil and bake at 350°F for 1 hour.
4. Remove foil and bake uncovered for 30 more minutes.
5. Remove from oven and let cool for about 5 minutes to give it a chance to set up before removing from the pan. Turn upside down onto a serving dish.
6. Garnish with fresh parsley or kale and serve with a Simple Gravy.

Variation: Cashew-Carrot Loaf

Follow the Holiday Nut Loaf recipe using 2 cups raw cashew nuts in place of the pecans. Use 1 cup finely ground or grated carrot and reduce onion to 1 cup finely chopped onion. Use 1 tablespoon Chicken-Like Seasoning in place of the Bragg Liquid Aminos.

Serving Tips: A good entrée for a holiday meal along with cranberries, mashed potatoes, and gravy. This loaf freezes well. Leftover loaf is delicious when slices are placed in a nonstick skillet and browned on each side. Delicious in sandwiches or burgers.

Nutrition Facts Servings: 10 Amount per serving Calories 172; Total Fat 2.9g; Saturated Fat 0.6g; Cholesterol 0mg; Sodium 650mg; Total Carbohydrate 29.7g; Dietary Fiber 2.3g; Total Sugars 3.4g; Protein 6.9g; Vitamin D 0mcg; Calcium 119mg; Iron 2mg; Potassium 147mg

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