

## Create your own Loaf

Each cook has a preference of the nuts, legumes, or tofu they prefer to make into loaves. Some loaves require a can of vegetarian veggieburger. Where to begin? To create a loaf, **select one** of the items from each category.

**Protein-** 2 cups any legume or tofu

**Carbohydrate-** 1 cup whole grain bread crumbs, uncooked oatmeal, cooked brown rice, grapenuts, crushed whole grain cereal flakes, whole grain crackers crumbs or croutons.

**Nuts-** ½ chopped or ground cashews, walnuts, almonds or pecans (ground nuts can be cheaper than whole nuts)

**Liquid-** ½ cup of tomato sauce, vegetable broth, soy milk, rice milk or any nut milk

**Binder-** 3 Tablespoons potato flour, 2 T. soy flour, ½ cup cooked oatmeal, ½ cup cooked cream of wheat, 3 T. tapioca, 2 T. whole wheat flour.

**Seasoning-** (can add as many as you choose)¼ tsp. of your favorite- salt, sage, thyme, paprika or combine Italian seasonings- oregano, basil, garlic. Also add ½ cup chopped fresh parsley or 1 T.dry parsley.

**Optional-** 1 chopped onion or 1 chopped bunch of green onions and chop 1-2 cloves of garlic.

Combine and lightly pat in greased baking dish at 350 degrees for 45 minutes.

You can choose to bake loaf in 9X13 baking pan or bread loaf pan. Depends how you like to present your entrée. You can also top the loaf with catsup before baking which gives a barbeque taste.