

Pecan Loaf

2 T. canola oil

1 small onion

1 cup chopped celery

1 tsp. salt

$\frac{3}{4}$ cup almond milk

$\frac{1}{2}$ cup chopped pecans

1 cup whole wheat breadcrumbs

$\frac{1}{4}$ cup chopped parsley

2 eggs, beaten

$\frac{1}{2}$ tsp. sage

Saute chopped onions and celery in canola oil. Remove from heat and add milk and salt.

Mix in remaining ingredients. Pour into greased baking dish. Bake at 350 degrees for 45 minutes.