

Spanish Patties

Patties-

½# grated reduced fat or soy cheese

½ Cup chopped nuts (walnuts or pecans)

6 eggs well beaten or use egg beaters or use just the egg whites

1 cup bread crumbs (you can make your own out of whole wheat bread in food processor)

1 medium onion diced

Combine all ingredients. Shape into patties and fry until brown on each side, in a non-stick pan using canola oil.

Place in a 9x13 baking dish.

Spanish Sauce-

4 Tablespoons of butter or margarine or Extra Virgin Olive oil

1 Tablespoon of Honey

1 (4oz.) can of mushrooms

1 medium onion, sliced

4 cups of stewed tomatoes (or 28 oz. can)

1 (8 oz.) can of tomato sauce

½ tsp. each- oregano, garlic, salt & parsley

Cook in sauce pan until hot. Pour over the Spanish Patties.

Cover the dish and bake 1 hour at 350 degrees.

You can substitute items to reduce the fat.

Any patties can be made of healthy bread crumbs or ground crackers, eggs, cheese, onions and any ground nuts. Grated vegetables such as zucchini and yellow squash can be added. The sauce has a mild spaghetti sauce flavor. You can change that by changing the spices you use.

To make it more Tex-Mex use some chili powder, cumin, oregano with adding a can of green chilies.

This original recipe I am sharing with you, was always one of my children's favorites and still is.