

Vegetable Nut-Loaf

Ingredients

- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup grated carrots
- 1 cup chopped walnuts
- 1 cup whole wheat bread crumbs – or – 1 cup wheat germ or half of each
- 2 eggs
- ½ cup Greek Yogurt and ½ cup low-fat mayonnaise (or all Greek Yogurt)
- Olive Oil to taste

Directions

1. Preheat oven to 350 degrees
2. Sauté chopped onions until translucent, add to sauté: chopped celery and grated carrots
3. Add chopped walnuts, bread crumbs (or wheat germ), eggs-slightly beaten, and mayonnaise (you can cut the latter down and substitute yogurt)
4. Bake in pre-oiled (using olive oil) casserole or baking dish at 350 degrees, 40 minutes to one hour.
5. Let cool before slicing.

Even better the next day! Can be served hot or sliced cold as a sandwich.

Serving Size: 1/8th to 1/4th of loaf

Sodium content: 189mg Na per serving

Dietician suggests: Use no-added-salt/non-seasoned breadcrumbs and low-fat Greek Yogurt

"I'm a vegetarian and I like that this makes a nice loaf that I can eat with a little ketchup. It's delicious and healthy and even meat eaters like the taste. My friend Hana gave me the recipe and since I changed the mayonnaise to Greek Yogurt it's even healthier than before."

-Davida, Old Bridge



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