

Holiday Nut Loaf with Sweet Tomato Topping

If you don't have tofu, use soybeans. Seasonings can be varied too, according to what you like. This recipe includes a large amount of onions. At first I thought that sounded like too much, not now I consider it to be the secret of its wonderful flavor and moist texture. The tofu or soybeans and the gluten flour or cornstarch help bind it together, replacing the eggs.

1 cup tofu and $\frac{1}{2}$ cup water (or 1 cup soaked soybeans with 1 cup water)

2 garlic cloves/toes, minced (or 1 teaspoon garlic powder)

1 tablespoon Bragg Liquid Aminos or 2 teaspoons soy sauce

$\frac{1}{4}$ cup gluten flour or cornstarch

1 $\frac{1}{2}$ teaspoons salt

1 tablespoon onion powder

1 teaspoon ground sage or Italian seasoning

4 cups soft whole grain bread crumbs

2 cups pecans (may use walnuts, almonds, peanuts, sunflower seeds, or cashews)

2 cups finely chopped onions

1. Preheat oven to 350 F.

2. Blend tofu with water, gluten flour and seasonings.

3. Combine remaining ingredients in a mixing bowl. Add blended tofu or soybeans and mix well.

4. Prepare loaf pan by spraying with PAM.

5. Place mix in prepared loaf pan. Cover with foil and bake at 350 F for 1 hour.

6. Remove foil and bake an additional 30 minutes. 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. Garnish with fresh parsley or kale and serve with Sweet and Sour Tomato Sauce or Simple Gravy.

Sweet and Sour Tomato Sauce

8-ounce can crushed pineapple

8-ounce can tomato sauce

1 tablespoon molasses

$\frac{1}{2}$ teaspoon basil

$\frac{1}{4}$ teaspoon garlic powder

$\frac{1}{4}$ teaspoon salt

1. Mix together and serve over **Holiday Nut Loaf**.

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