

Special K Roast

Micheff Sisters "Easy Entrees" – 06048
from 3ABN, by Cinda Sanner

1 med. onion, minced
1 c. pecans, finely chopped
1 c. walnuts, finely chopped
1/2 c. olive oil or margarine
2-12.3 oz. packages Mori Nu Tofu, firm or extra firm
1 Tbsp. McKay's chicken style seasoning
1 tsp. VegeSal or other vegetable seasoning
1/4 c. nutritional yeast flakes
1 12-oz. box Special K cereal (at least 7 cups)
1 1/2 c. soy milk

1. Saute onion in half of the olive oil or margarine until clear. Combine all ingredients together and mix well.
2. Pour into a 9 x 13" casserole dish that has been sprayed with non-stick cooking spray.
3. Bake in a 350° oven for 40 - 45 minutes or until the top is browned and slightly crispy.
4. Cut into squares and serve hot.

Yield: 12 half-cup servings

This is the healthier version of an old family favorite. I like to serve this with ketchup, but it is also good with brown gravy. You can freeze it before baking - just make sure to let it thaw completely before you bake it. My husband likes to make a sandwich with the leftovers.

(Submitted by Claire)