

COTTAGE CHEESE LOAF

2 Tablespoons olive oil

1 large onion, finely chopped

2 cloves of garlic, minced (may substitute dried garlic or garlic powder*)

6 eggs, beaten

1 cup walnuts, ground

1 24 oz. carton cottage cheese (Fat Free, 1%, 2% or 4%, depending on your preference)

1 heaping Tablespoon, dried, rubbed sage (the soft, velvety kind)

1 teaspoon sweet basil

Pinch of thyme

6 1/2 cups dry rice cereal (I used to use "Special K" before they added High Fructose Corn Syrup. Look for a natural brand of rice flakes)

Sauté onion and garlic in olive oil. Remove from heat and add seasonings and cottage cheese.

In large bowl beat eggs and add walnuts to eggs. Add onion-garlic-cheese mixture and mix well. Add rice cereal and stir until cereal is moistened. Put in two greased loaf pans or a greased 9x13 pan and bake at 325 degrees for 30-40 minutes or until browned and set.

Slice or cut in squares and serve with fresh cranberry sauce or unsweetened applesauce. May also be served cold as a sandwich filling. (If you used loaf pans, allow to cool for about 10 minutes before removing from pan.)

Notes:

1) Seasonings may be adjusted to taste.

2) *A head or bulb of garlic usually contains about 10 cloves. 1 clove = 1 teaspoon chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon garlic flakes = 1/4 teaspoon granulated garlic = 1/2 teaspoon garlic juice