

## WALNUT LOAF

**Year around options:** roll the mixture into balls, bake and add to spaghetti like meatballs! "Only the cook has to know."

### Ingredients:

3-5 cloves garlic, minced, or 1½ T minced  
1 cup finely chopped onion  
1 cup shredded carrots  
1 cup raw, grated, unpeeled potatoes  
¾ cup walnuts, finely chopped  
¾ cup fresh grated Parmesan cheese  
1 cup bread crumbs (*use toasted whole wheat bread or gluten free is fine-pick your favorite*)  
3 egg whites or 1 egg + 2 egg whites  
4 ounces unsalted tomato sauce  
1 teaspoon oregano leaves  
1 teaspoon dried basil  
½ teaspoon garlic powder  
½ teaspoon (or less) Lite Salt  
2 tablespoons fresh Parmesan



### Directions:

Preheat oven to 350°. In a pan coated with nonstick cooking spray, sauté garlic and onions until golden brown. Add carrots and potatoes and sauté 5 to 10 minutes. In a large bowl, mix together sautéed mixture, walnuts, Parmesan cheese, bread crumbs and eggs until well combined. Spray a pan (8-by-8-inch) with nonstick cooking spray and press contents into pan.

In a small bowl, combine tomato sauce, oregano, garlic powder and Lite Salt.

**Time saving tip:** just do regular ol' tomato sauce. Pour tomato sauce over dish, top with 2 Tablespoons Parmesan cheese and bake, uncovered, 35-45 minutes.

Can serve topped with green onions. I like it with salsa and sliced avocado! Makes great sandwiches too!

### **PER SERVING (Makes 7)**

CALORIES 280

FAT 15 gm

SATURATED 3 gm

CARBOHYDRATES 25 gm

FIBER 4 gm

SUGAR 3 gm

PROTEIN 14 gm

CHOLESTEROL 10 mg

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