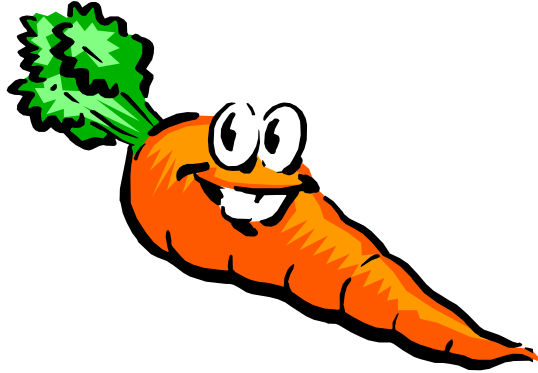


CARROT LOAF

(low protein dish)

Submitted By Ella Schmiede



Category: Vegetables

Ingredients:

- 3 cups carrots, ground
- 1 cup celery, diced
- 1 cup cottage cheese
- 1 cups onions, chopped
- 3/4 cups pecans or walnuts, chopped fine
- 1 egg
- 1 1/2 cup whole-wheat soft bread crumbs
- 1/3 cups margarine, melted
- 1 1/2 teaspoon salt

Instructions:

Mix all ingredients together. Bake in sprayed casserole dish for 40 minutes at 350 degrees, covered. Uncover and bake 10 minutes longer.