



Holiday Cashew Nut Loaf

INGREDIENTS:

2 Medium Zucchini Squash
6 Tbsp. Olive Oil
2 Eggs
2 Cups Raw Cashews, (chopped coarsely)
1 Med Onion, Chopped
3 Garlic Cloves, Minced
6 Slices of Rye Bread, Toasted & crushed into crumbs
1/2 Cup of Veg Broth
2 tsp. Brewer yeast
1 Tbsp. Fresh Basil (or 1/2 tsp dried)
2 tsp. Fresh Thyme (or 1/2 tsp dried)
1/2 Tsp. Fresh Lemon Juice

DIRECTIONS:

1. Preheat oven to broil. Brush eggplant slices with 2 tbs. oil, and sprinkle with salt and pepper to taste. Place on a baking sheet coated with cooking spray, and broil 5 to 7 minutes. Turn eggplant slices, and broil 5 more minutes, or until slices are tender and light brown. Set aside, and lower oven heat to 350°F.
2. Cook rice, following package directions, and set aside. Meanwhile, heat remaining 4 Tbsp. oil in a large skillet over medium heat. Sauté cashews, onion and garlic in oil 5 to 7 minutes, or until onion is soft and brown. Chop one tomato, and add to skillet; cook 3 more minutes.
3. Transfer cashew mix to large bowl. Stir in cooked rice, breadcrumbs, broth, brewer's yeast, basil, thyme and lemon juice. Season to taste with salt and pepper.
4. Coat a 9"x13" oval baking dish with cooking spray. Line the bottom of the dish with half of the broiled eggplant slices. Spoon in cashew mixture. Top with remaining eggplant slices. Slice remaining 2 tomatoes, and layer down center of casserole to form a broad, bright red stripe.
5. Bake 40 to 45 minutes, or until the top is brown and filling is hot. Serve immediately.