



Special K™ Loaf

Ingredients

1. 1/2 chopped onion
2. 24 oz cottage cheese
3. 1 packet George Washington broth or onion soup mix
4. 2 eggs
5. 1/2 cup melted butter
6. 3 1/2 cups Special K™ cereal
7. 1/3 cup chopped nuts if desired

Serves: 3-4

Instructions

1. Preheat oven to 350 F
2. Saute onions in butter
3. Combine chopped onion, cottage cheese, beaten eggs, melted butter, 1 packet George Washington seasoning or onion soup mix, nuts in large bowl
4. Mix in Special K™ cereal
5. Spray 9 x 13" baking dish
6. Pour in mixture
7. Cover with tinfoil and bake for 45 minutes at 350 F
8. Uncover and bake at 400 F for 30 minutes or until firm along top
9. Gravy can be added on top to enhance flavor

Prep Time: 1.5 hours