Tofu Croquettes

Here is one of my favorite entrees… and I'm sure that you to will agree once you've tasted it. I'll always remember the weekend when Admiral Barry Black visited Kelowna, and we had the privilege to have him home for Sabbath dinner. The three of us nearly cleaned up the whole casserole… it was a double recipe!

NutritionFacts	
per serving makes 4 servings	
Amount per serving	
Calories	728
Calories from fat	283
	% Daily Value *
Total Fat 31.5g	48%
Saturated Fat 4g	20%
Cholesterol 0mg	0%
Sodium 1490mg	62%
Total Carbohydrate 87.6g	29%
Dietary Fiber 14.9g	60%
Protein 23.6g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information 38.9% of calories from Fat 48.1% from Carbohydrates 13% from Protein	

½ cup minced onion
1 tbsp olive oil
½ pound medium-firm tofu, drained and rinsed
1 ½ cups soft whole wheat bread crumbs
½ cup ground pecans
1 tbsp chicken style seasoning
1 tbsp yeast flakes
½ tsp sage
½ tsp salt

1. Sauté onion in olive oil until soft. Place in medium mixing bowl.
2. Add all remaining ingredients to sautéed onion and combine well. The tofu can be mixed in by hand.
3. Place mixture in refrigerator and allow to chill for an hour.
4. Use a 4 cm ice cream scoop or melon ball maker to form mixture into croquette balls.
5. Place croquettes in an oiled baking dish and bake for 30 minutes at 350.
6. Before serving cover the baked croquettes with Chicken Gravy (warmed) and bake for another 5 minutes. (If you heat the gravy on the croquettes they will lose their crispness.)

Chicken Gravy

2 cups water
½ cup raw cashews, washed and drained
1 T. unbleached white flour
1 T. chicken style seasoning
½ cup onion chopped
1 tsp. Dill
1 T soy sauce
salt and minced fresh garlic to taste

Place all ingredients in blender and blend until smooth and creamy. Place blended mixture in small saucepan, stirring constantly over medium heat until thickened. Pour hot gravy over the baked croquettes and leave the croquettes in 350°F oven for another 5 minutes.