



Smart LifeStyle Recipes

By Najwa Medina

Cottage Cheese Patties with Mushroom Sauce

Cottage Cheese Patties

2 cups	Cottage Cheese
1 cup	Bread Crumbs
1 cup	Chopped Walnuts
2	Eggs
1 cup	Chopped Onions
1 cup	Cheddar Cheese
1 cup	Cooked Wild Rice (Optional)
1 cup	Dried Cranberries

Mix all ingredients. Form into patties and grill.

Mushroom Sauce

Sauté a chopped onion with 1 cup fresh mushrooms and add:

1	8oz. Cream of Mushroom soup
1 pkg.	Brown Gravy Mix
1 cup	Sour Cream
2 tbsp.	Soy Sauce

Spread Mushroom Sauce over patties and bake at 375F for 20 minutes.