

TOFFU PATTIES (Mini)

1 pkg. tofu, firm, water packed
1 c whole wheat bread crumbs
½ c chopped walnuts
1 medium onion, minced
¼ tsp garlic powder
1 tsp sage
1 tsp sea salt
2 T nutritional yeast flakes

Mash tofu with the potato masher or fork in a bowl. Add remaining ingredients and mix thoroughly with hand. Make mini patties. Cook in a hot olive oiled skillet until golden brown on both sides. **Freezes well.** Very tasty.