



Chik'n Croquettes with Mushroom Gravy

- 1 can (13 ounce) FriChik, Fried Chik'n or Chik'n Bites, reserve liquid
- 1 cup cooked rice
- 1 onion, minced
- 1 stalk celery, finely chopped
- 1 teaspoon olive oil
- 1 tablespoon Italian seasoning
- 1 tablespoon McKay's Chicken Style Seasoning
- ½ cup bread crumbs
- 2 eggs, beaten
- Corn Flakes, crushed
- 1 small can mushrooms, chopped
- 2 tablespoons cornstarch
- 1 tablespoon The Vegetarian Express Golden Broth Seasoning

Directions: Preheat oven to 350 degrees and line a baking sheet with parchment paper. Drain FriChik and save the liquid to make gravy. Place FriChik in food processor and pulse until it becomes burger texture. Sauté the onion and celery in a skillet with a touch of oil until softened. Combine all of the ingredients and chill until mixture is set. Remove from refrigerator and using a large ice cream scoop or spoon form equal sized portions into oval spheres. Gently roll the spheres in crushed corn flakes. Place on baking sheet and bake for 20 minutes. Take them out of oven and roll them to other side. Bake an additional 15 minutes. Serve with mashed potatoes and gravy.

Gravy: Heat saved liquid in small saucepan. Add chopped mushrooms and Golden Broth Seasoning. Make a slurry with ¼ cup cold water and 2 tablespoons cornstarch. Slowly stir into gravy and simmer until thickened.

Submitted by N.W. of North Carolina