



Country Fried Vege-Steak

- 1 can (20 ounce) Vege-Steak or Vegetable Steaks
- 1 cup Instant Potato flakes
- ½ cup fine corn meal
- 1-2 tablespoons soy sauce or Bragg Liquid Aminos
- ½ teaspoon onion powder
- 1 teaspoon Lawry's Seasoned salt
- 2-4 tablespoons cooking oil

Directions: Drain and place the Vege-Steaks into a bowl. Add the soy sauce to coat and sprinkle with the onion powder. Marinate for 15 minutes. Mix together the potato flakes, corn meal and seasoned salt. Heat the oil in a skillet over medium high heat. Dip each Vege-Steak into the breading mixture, pressing down to coat it well. Place in skillet and brown on both sides. Drain on paper towel to remove any excess oil. Serve with favorite gravy recipe.

Submitted by Mary C. of Virginia