Apricot Glazed Chik'n Loaf

1 can (13 ounce) FriChik, Fried Chik'n, or Chik'n Bites
1 small onion, minced
½ cup celery, minced
½ cup mushrooms, thinly sliced
¼ cup vegetable broth or water
1 cup All-Bran Original cereal
1 can (8 ounce) water chestnuts, drained and chopped
½ teaspoon salt
½ teaspoon ground sage
1 tablespoon cooking oil
Glaze:
½ jar (12 ounce) apricot preserves
1 tablespoon mayonnaise or Vegenaise
1 teaspoon ketchup
¼ teaspoon dry mustard

Directions: Combine the glaze ingredients and set aside
Sauté the onions and celery over medium heat until crisp-tender. Add the mushrooms and cook a few minutes longer.
Drain the liquid from the Frichik can into a medium bowl. Add 1/2 cup vegetable broth and stir in the All-Bran. Let it sit for a minute to absorb the liquid. Place the Frichik in a food processor and pulse until mixture is the texture of hamburger. Add to the All-Bran mixture. Stir in the onion, celery, mushrooms, water chestnuts, salt and sage. Press the mixture into a lightly greased 8x8 baking dish. Bake at 350 degrees for 45 minutes. Remove from oven and cover with the glaze. Bake an additional 5-10 minutes until glaze has set.

Adapted from Kelloggs.com