

RECIPE MAKEOVER

ITALIAN STYLE MEATLOAF

The King of Comfort Food

When it comes to comfort food, meatloaf is high on the list. High in carbohydrates and fat, it fills you up and makes you feel good – until your favourite jeans begin to feel a bit too snug. Get the comfort without the calories by cutting the fat and adding ingredients that boost the flavour.

Italian Style Meatloaf

Makes 6 services (2 slices)

Ingredients

1½ pounds 92% lean ground beef
1 cup fat-free tomato basil pasta sauce, divided
½ cup Italian seasoned breadcrumbs
½ cup (2 oz) shredded fresh parmesan cheese
½ cup finely chopped onion
1/3 cup chopped fresh flat-leaf parsley
1 tsp garlic powder
½ tsp dried basil
½ tsp dried oregano
½ tsp salt
¼ tsp black pepper
2 egg whites
Cooking spray



Directions

1. Preheat the oven to 350 degrees F.
2. Combine beef, ½ cup of the pasta sauce and all remaining ingredients (except cooking spray) in a large bowl. Mix together until everything is combined, but not overmixed.
3. Spoon beef mixture onto a broiler pan coated with cooking spray. Shape the mixture into an 8 x 4-inch loaf.
4. Brush the remaining ½ cup of pasta sauce over top of the meatloaf.
5. Bake for 1 hour and 10 minutes or until a thermometer inserted into the centre registers 160 degrees F.
6. Remove from the oven and let rest for 10 minutes to let juices set. This will make it easier to slice.
7. Transfer loaf to a platter and cut load into 12 slices to serve.

Serving Suggestion: Pair with your choice of salad to ensure a complete, balanced meal.

Nutritional Information Per Serving: Cal. 263 | Fat 12.1g | Carb. 11.9g | Protein 27.8g | Sodium 859mg

Source: www.myrecipes.com