

MUSHROOM MEATLOAF



ingredients:

Vegetable oil cooking spray
1 pound Portabella mushrooms
1 pound 90% lean ground beef
3/4 cup whole-wheat bread crumbs
1/2 cup minced onion
2 garlic cloves, minced
1/3 cup fat-free milk
2 Tablespoons ketchup
4 egg whites, beaten
3/4 teaspoon Italian seasoning
1/2 teaspoon salt
1/2 teaspoon ground black pepper

directions:

1. Preheat oven to 350° F. Spray a 9 x 5-inch loaf pan with vegetable oil cooking spray and set aside.
2. Slice mushrooms and chop in food processor in batches until they are thoroughly minced.
3. In a large mixing bowl, combine ground meat, minced mushrooms, bread crumbs, onion, garlic, milk, ketchup, egg whites, Italian seasoning, salt and pepper. Mix very well using your hands to make sure mushrooms and ground beef combine.
4. Spread mixture into prepared loaf pan. Bake for 50 to 60 minutes or until the internal temperature is 160 degrees. Remove from oven and let set for 10 minutes before slicing.

Yield: 8 servings

Nutrition Information Per Serving:

204 Calories
7.5 grams Fat
2.5 grams Saturated Fat
48 mg Cholesterol
348 mg Sodium
13 grams Carbohydrates
1.5 grams Fiber
20 grams Protein

Food exchanges:
2 vegetable, 2 1/2 protein



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