

Meatloaf Madness – by Paula Hendricks, Nutrition Consultant

Meatloaf has always been a casual comfort food for decades. This sophisticated version I have created can be served to your family, at an elegant dinner party, or frozen for future meals during the week. Making individual loaves keeps you mindful of portion control. Enjoy on all Key Diets.

For the Individual Meatloaf Patties:

- 2 pounds ground beef, lean
- 2 extra-large eggs, whisked
- 4 T. tomato paste
- 1 T. Worcestershire sauce
- One large onion, minced, about 2 cups
- 4 strips thick bacon, cut into small sections
- Three large garlic cloves, minced
- 2 T. Beef and Burger Rub (Made in Napa Valley) or seasoning of choice (Italian, Herbs de Provence)
- 1 tsp. salt and 1 tsp. pepper
- 2 cups Kraft reduced fat shredded cheese (try replacing 1 cup cheddar with 1 cup bleu cheese crumbles)



For the Roasted Tomatoes:

- 4 cups cherry tomatoes
- 2 T. extra virgin olive oil
- 2 T. balsamic vinegar
- 2 garlic cloves, minced
- 1 tsp. Splenda brand sugar blend
- 1 tsp. salt and 1 tsp. pepper

Directions:

1. For the roasted tomatoes. Rinse the tomatoes, halve them (or leave whole), and place them in an oven-proof glass dish. Mix all the other ingredients together and pour over tomatoes. Bake at 425 degrees for 20-25 minutes until the tomatoes begin to caramelize.
2. To prepare the meatloaf. In a large mixing bowl, add ground beef, eggs, Worcestershire sauce, tomato paste, cheese, salt and pepper; set aside. In large skillet, add the chopped onion and bacon; sauté for 3-5 minutes until onions are soft. Add minced garlic, Beef and Burger Rub and cook for one more minute. Remove pan from heat. Add the sautéed onions into the meat and with your hands, mix ingredients together.
3. To cook. Form meat into 8 individual oblong meatloaves and place them on a non-stick baking pan. Bake in oven at 425 degrees for 15-20 minutes until meat is browned on top.
4. Serve one meatloaf with a side of roasted tomatoes and a side salad. Enjoy!

Nutritional Analysis: Each meatloaf and tomato serving has approximately 37 grams of protein, 7 grams of net carbohydrates, 16 grams of fat and 325 calories.