

Mouthwatering Meatloaf

Recipe courtesy of *Diane's Daily Dish*

Ingredients:

2 pounds lean ground chicken, turkey breast or ground sirloin (or combo of any)

1/2 cup finely chopped onion

½ cup finely chopped red pepper

½ cup grated carrots

2 tbsp. ground flaxseed

¼ cup tomato sauce

½ cup ketchup

1/4 cup horseradish

1 tbsp. Dijon mustard

2 tbsp. Worcestershire sauce

2 egg whites

1/2 cup fresh whole wheat bread crumbs

¼ cup freshly grated Parmesan cheese

1 tsp. garlic powder

½ tsp. dried oregano

½ tsp. salt

(Continued)

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½ tsp. dried basil

¼ cup ketchup (low salt or sugar)

1 tsp. dried oregano

Directions:

Preheat oven to 350 degrees

Combine first 17 ingredients (ground meat through basil) in a large bowl. Mixing with your hands works best!

On a rimmed baking sheet coated with olive oil spray or nonstick foil, shape mixture into an oval about 9X5 inches.

Poke about ten ½-inch deep holes in loaf with index finger.

Spread remaining ketchup over top and sides of loaf and sprinkle evenly with remaining dried oregano.

Bake about 45 minutes or until there is no pink in center

Remove from oven and let stand about 5 minutes before slicing.

Enjoy!

Serves 8-10