

# Meatloaf



As American as . . . .

But let's face it, meatloaf has always been kind of a "gaggy" food. With all due respect to the loaf made of meat, it's common! On the table once a week for forever.

Meatloaf needs a bit of an overhaul, and who better to do it than Yankee Doodle Sue? With the enthusiasm of a born-again anything, I've reinvented the MEATLOAF. Thank you.

I can't tell you how good this new and improved, lower-fat MEATLOAF is. You could enter this sucker into any state fair contest in the country—even if it's the baking contest. Let everyone else bring their best muffins and pies. Rile 'em up a bit by putting your MEATLOAF down on the counter. Stick a HUGE American flag through the center. That'll get 'em going. Oh, the judges will be mad at first, but once they get a taste of this low-fat, meatier-than-meaty loaf, they'll forgive your lack of judgment and you'll win.

Crafty Cooking Suggestions: Double the recipe and make two loaves at once. Freeze one and pull it out when you need it. How crafty is that?

I suppose you could get even craftier and get some of that goop in tubes that you decorate cakes with and draw an American flag on the top if you like . . . I told you I wasn't good at the crafty stuff.

## Fancy Schmancy

You're laughing, aren't ya? You don't think there is such a thing as meatloaf getting fancy?

How about pâté. Yeah, pâté. As in about as fancy as you can get. People will rave about your pâté, your *meatloaf* pâté. Don't you love that?

Take your loaf—that sounds appealing—and spread it over your favorite low-fat cracker—not the whole loaf, just a bit. Smear, smear, smear it over, add a little salt, and some parsley if you really want to go overboard . . .



**Cooking spray**

- 3/4 lb lean ground beef (10 percent fat)**
- 1 cup chopped onion**
- 1 cup chopped carrots**
- 1 cup chopped celery**
- 2 tsp chopped garlic**
- 3 egg whites**
- 1/2 cup bread crumbs**
- 1/4 cup ketchup**
- 1/4 cup beef bouillon**
- 1 tsp basil**
- 1/2 tsp oregano**
- 1 tsp salt**
- 1/2 tsp pepper**
- 1 cup finely chopped potatoes**
- 1/4 cup chopped parsley**

Preheat oven to 350 degrees.

Sauté onion, carrots, and celery in a nonstick pan with a little cooking spray until soft. Set aside until cool. Add all other ingredients to chopped meat.

Form mixture into a loaf about 4 inches high and place on lightly oiled baking pan (use light oil spray). Cover with aluminum foil.

Bake for 30 minutes. Remove foil and bake 30 minutes more.

Let meatloaf rest 10 minutes, then slice and serve with your favorite sauce or gravy.



**Nutritional:**

Serving Size 6 ounces  
Servings per Recipe 6  
Calories 155  
Total Fat 4.89 grams  
Saturated Fat 1.86 grams

