

Lightened Up Meatloaf



Ingredients:

- 1 pound lean ground beef (90-93% lean)
- 1 1/2 slices whole wheat bread, toasted
- 1 cup onion, chopped
- 2 egg whites
- 3 tablespoons ketchup
- 1 tablespoon mustard
- 1/4 teaspoon salt
- Pepper to taste

Topping:

- 1/4 cup ketchup
- 1 tablespoon yellow mustard
- 2 teaspoons brown sugar

Directions:

1. Preheat oven to 350 F. Line a baking sheet with foil and set aside.
2. To make bread crumbs, break up bread and add to a blender or food processor.
3. Process until the bread slices turn into crumbs.
4. In a large bowl, add the ground beef, bread crumbs, egg whites, onions, ketchup, mustard, salt, and pepper.
5. Place the meat mixture on the baking sheet and form a loaf by hand. It should be about 12 inches by 4 inches.
6. In a small bowl, make the topping by mixing ketchup, mustard, and brown sugar.
7. Spread the topping on the meatloaf. Bake 55 minutes.

Makes 4 servings.



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