

Meatloaf Surprise

Ingredients:

- 1 lb. ground beef, 95% lean
- 1 medium bell pepper, chopped
- 1 medium onion, finely chopped
- ¾ cup oats (quick or old-fashioned)
- 8 oz. fresh mushrooms, chopped
- 12 oz. fresh spinach, chopped
- 1 egg
- ¼ tsp. black pepper
- ¼ tsp. dry thyme
- ¼ tsp. dry rosemary
- 1 tsp. olive oil

Heat the oven to 350°F. Spray pan with a non-stick spray. In a skillet over medium heat, heat the olive oil. Add the onion and stir frequently for 2 minutes. Add the pepper and mushrooms, cook for another 2 minutes. Add spinach and cover for 1 minute. Remove from heat and set aside. In a bowl, combine beef, thyme, rosemary, egg, and oats. Add cooked vegetables to the beef mixture. Transfer to bread pan and bake for an hour.

Total Fat: 6g Fiber: 4g Carbs: 16g
Calories: 210 Cholesterol: 0g
Sodium: 110mg Protein: 22g

