

ITALIAN-STYLE MEATLOAF

Meatloaf is a popular recipe and has been a staple in many homes for generations. In Italian, it's called Polpettone, which means "big meatball". This rendition adds an Italian-style by featuring a rich tomato sauce topping that caramelizes once baked. Complete this meal by serving alongside whole-wheat spaghetti or a green salad with Italian dressing.

Yield: 8 servings

Ingredients:

- 1 ½ lbs. **lean ground beef** or **lean ground turkey** (97% lean preferred)
- 2 **eggs**, beaten
- 1 sleeve **saltine crackers** with unsalted tops, crushed
- 1 packet of **dry onion soup mix**
- 1 jar **meatless spaghetti sauce**

Instructions:

1. Preheat the oven to 375°F.
2. Mix ground meat, eggs, crackers, onion soup mix, and ½ cup spaghetti sauce together in a large bowl. Ensure thoroughly combined.
3. Transfer meat mixture into a prepared oven-safe loaf or casserole pan.
4. Shape meat mixture into a doughnut shape by creating a hole or well in the center to ensure even cooking.
5. Cover with foil and bake for approximately 30 minutes.
6. After 30 minutes of cooking, remove meatloaf from oven and carefully drain excess grease from loaf.
7. Add remaining spaghetti sauce to the top of the meatloaf. Cover with foil and return to oven to continue baking for an additional 25 minutes.
8. Remove from oven and cut meatloaf into 1" thick slices.

Per Serving: Calories 389, Carbohydrates, 45.1g, Protein 26g, Saturated Fat 3.4g, Sodium 972.4 mg, Fiber 2.3g, Sugars 1.1g
This recipe was adapted from www.allrecipes.com