

Italian Meat Loaf with Fresh Basil and Provolone

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In addition to providing the lift in cakes, egg whites act as a binder for dishes such as crab cakes, salmon patties and meat loaf. Serve this with your favorite mashed-potato recipe.

INGREDIENTS:

1 C boiling water
1/2 C sun-dried tomatoes, packed without oil
1/2 C ketchup
1 C seasoned breadcrumbs
3/4 C finely chopped onion
3/4 C chopped fresh basil
1/2 C (2 oz) shredded sharp Provolone cheese
2 large egg whites
2 garlic cloves, minced
1 lb ground round
Cooking spray
1/3 C ketchup

DIRECTIONS:

Combine boiling water + tomatoes in bowl - let stand 30 minutes or till soft - Drain tomatoes and finely chop.

Preheat oven to 350° F.

Combine 1/2 C ketchup, breadcrumbs + next 6 ingredients (breadcrumbs through beef) in large bowl - add tomatoes to meat mixture. Shape meat mixture into 9 x 5" loaf on broiler pan coated with cooking spray. Spread 1/3 C ketchup over meat loaf. Bake at 350° F 1 hour or till thermometer registers 160° F. Let stand 10 minutes before slicing. Cut into 12 slices.

Yield: 6 servings (serving size: 2 slices)

NUTRITION PER SERVING: CALORIES 294 (27% from fat); FAT 8.7g (sat 3.6g, mono 3.2g, poly 0.7g); PROTEIN 24.3g; CARB 30.8g; FIBER 2.5g; CHOL 53mg; IRON 3.9mg; SODIUM 893mg; CALC 149mg