

Low Carb Spinach Meatloaf

SOURCE: www.lowcarbluxury.com/recipes

Ingredients:

- 1 lb ground round/sirloin
- 1/2 lb ground turkey or pork
- 1/2 C Parmesan cheese
- 1/2 C shredded Swiss cheese
- 1 1/2 C drained/chopped spinach
- 2 TBS prepared mustard
- Salt, pepper + garlic to taste
- 2 medium eggs

DIRECTIONS:

Preheat oven to 375° F. Mix all ingredients in large bowl. Mold meatloaf in large bread pan or meatloaf pan. Place in oven approximately 50 minutes. Let set 5 minutes before serving.

Serves 6

3.5 carbs per serving.