

Meat Loaves Italiano

The popular recipe was changed to reduce both the salt and the fat. The tomato sauce was changed to a low sodium tomato sauce and the olives used were black mission olives which are not marinated in brine. In addition, instead of regular Italian seasoning I suggested using thyme, and oregano (one teaspoon each). Added salt was omitted. The mozzarella cheese was reduced from $\frac{3}{4}$ cup to 2 ounces to keep the sodium content low.

Recipe submitted by Jeanne Polak-Recht, Registered Dietitian

Amount	Measure	Ingredients	Preparation Method
1	Cup	Old fashion oats (not instant)	Uncooked
2	Cups	Tomato sauce (no added salt)	Finely chopped
2	Ounces	Sliced black mission olives	Drained
4	Tablespoons	Commercial egg product(fat free /cholesterol free)	
2	Tablespoons	Onion	Minced
2	Teaspoons	Oregano	Ground
1	Teaspoon	Thyme	Ground
$\frac{1}{4}$	Teaspoon	Garlic powder	
1	Pound	Lean Ground Beef =90% lean	
2	Ounces	Part-skimmed mozzarella cheese	Shredded

1. Heat oven to 375 degrees F.
2. Combine oats, 6oz tomato sauce, $\frac{1}{4}$ cup sliced olives, egg substitute, onion, oregano and thyme.
3. Add ground beef, mix lightly but thoroughly.
4. Shape to form six 4 x 2-inch loaves; place in 8-inch square glass baking dishes (three in each).
5. Bake 25 to 30 minutes or until meat is done. Skim off excess liquid.
6. Combine remaining tomato sauce, olives, onion and garlic powder; cook over low heat 3 to 5 minutes or until hot.
7. Spoon sauce over meat loaves, sprinkle with cheese.
8. Bake 2 minutes more or until cheese is melted.

Community Nutrition Education Services Inc.

Yield: Six (6) 3 ounce servings (one mini- loaf per person.)

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	283	221 mg (9 %)	13 g (20 %)	5 g (25%)	70 mg (23%)	3g (12%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org