

# RIB-STICKING MEATLOAF

*Makes 6 Servings*

## INGREDIENTS:

- 1 large egg, beaten
- 1 medium carrot, grated on the small holes of a box grater (1/3 to 1/2 generous cup)
- 1/2 cup quick-cooking oats
- 1/3 cup finely chopped fresh basil
- 1/3 cup pasta sauce plus 3 tablespoons, divided
- 1/3 cup grated Parmesan cheese
- 3 green onions, white and light green parts, very finely chopped
- 2 garlic cloves, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 pound lean ground beef (90% lean or higher)

## DIRECTIONS:

1. Preheat the oven to 375°F. Place a cooling rack over a rimmed baking sheet and then cover with aluminum foil. Poke small holes every inch or so in a 7 x 5½-inch rectangular shape; spray with nonstick cooking spray.
2. Place the egg, carrot, oats, basil, 1/3 cup of the pasta sauce, Parmesan cheese, green onions, garlic, salt, and pepper in a large bowl and stir to combine. Add the beef and mix with your clean hands until combined.
3. Place the meat mixture on the prepared foil-lined pan and form into a 7 x 5½-inch rectangle.
4. Bake until an instant-read meat thermometer registers 160°F, about 35 minutes. Remove from oven, spread the remaining 3 tablespoons pasta sauce evenly on top, and bake an additional 5 minutes, until the sauce is heated and the meatloaf is completely cooked.
5. Remove from oven and cool about 20 minutes. Slice and serve, or wrap in foil and refrigerate. Slice and re-heat when ready to serve or re-wrap, label, and freeze.

## Nutrition Information per Serving:

200 calories, 9g fat (3.5g saturated), 280mg sodium, 9g carbohydrate, 2g fiber, 19g protein, 45% vitamin A, 15% iron

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

For this and other recipes, visit <http://www.accenthealth.com/recipes>.