

## Meat Loaf with Rice Pilaf

## INGREDIENTS

- » Nonstick vegetable cooking spray
- » 2 tsp vegetable oil, divided
- » 1/2 cup onion, chopped
- » 1/4 cup celery, chopped
- » 2 cloves garlic, minced
- » 1 tsp thyme
- » 1 tsp salt, divided
- » 1/2 tsp pepper, divided
- » 2 cups mushrooms (1 cup finely chopped and 1 cup sliced)
- » 1/2 lb extra lean ground beef (10% fat)
- » 1/2 lb ground turkey
- » 2 slices whole-wheat bread, cut into small pieces
- » 2 egg whites
- » 1/2 (14 1/2-oz) can stewed tomatoes, sliced (drained and chopped)
- » 1 tbsp dried parsley
- » 2 tbsp catsup
- » 1 tsp brown sugar
- » 1 1/2 cups instant brown rice, cooked according to package directions without salt or fat
- » 5 green onions, chopped
- » 1/2 cup red bell pepper, chopped

### Nutritional Content

Per Serving

Calories	486 cal	Cholesterol	81mg
Protein	30g	Sodium	941mg
Carbohydrate	43g	Calories from Fat	34%
Fat	18g	Fiber	5g
Saturated Fat	6g		

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↪ See reverse for instructions

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## INSTRUCTIONS

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil, onion, celery, garlic, thyme, 1/2 tsp salt, 1/4 tsp pepper, and finely chopped mushrooms. Sauté for 5 to 6 minutes until mushrooms are tender. Transfer mixture to a large bowl and let cool. Preheat oven to 350°F. To the bowl add ground beef, ground turkey, whole-wheat bread pieces, egg whites, drained chopped tomatoes, and parsley. Stir until it is combined well. Shape the mixture into an oval loaf in a shallow baking dish. Combine the catsup and brown sugar in a small bowl and spread over the loaf. Bake 45 to 50 minutes or until done. In a medium skillet, over medium-high heat, add 1 tsp oil, green onions, red bell pepper, and sliced mushrooms. Sauté 4 to 5 minutes until vegetables are tender. Add cooked instant rice and season with 1/2 tsp salt and 1/4 tsp pepper. Serves 4.

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