



Cost: 

Ease: 

This meatloaf recipe is filled with vegetables like onions, spinach, and mushrooms which provides a great source of fiber to help keep us fuller longer. Vegetables also contain B vitamins to support energy and metabolism. This dish is high in protein from ground beef, turkey, or chicken which helps maintain healthy bones and muscles.

Meatloaf

Ingredients:

- 1.5 lb ground beef (or ground turkey/chicken for leaner option)
- 1 yellow onion, chopped
- 1 cup fresh spinach
- 1 cup mushrooms, sliced
- 1 egg
- 1/4 cup breadcrumbs, whole wheat or regular

Directions:

1. Preheat oven to 375 F
2. Chop and sauté vegetables; Add to ground meat of choice in large bowl; Add remaining ingredients
3. Mix until well-combined; Add mixture to a greased loaf pan
4. Cook for 25 minutes if using ground beef (slightly less time for white meat turkey and/or chicken)
5. Enjoy!

Cookware needed:

- Cutting board
- Sauté pan
- Large bowl
- Loaf pan