

Meat Loaf

2 lbs.	lean ground beef	1	kg
1 cup	skim milk	250	mL
½ cup	ground flaxseed	125	mL
½ cup	dry bread crumbs	125	mL
½ cup	chopped onion	125	mL
1	egg, beaten	1	
1 tbsp.	Worcestershire sauce	15	mL
1 tsp.	black pepper	5	mL
1 tsp.	garlic powder	5	mL
1 tsp.	dry mustard	5	mL
½ tsp.	celery salt	2	mL
¼ tsp.	ground thyme	1	mL
¼ cup	ketchup	50	mL

- In a large bowl, combine beef, milk, ground flaxseed, crumbs, onion, egg, Worcestershire sauce, pepper, garlic, mustard, celery salt and thyme. Mix well.
- Pat mixture into a 9 x 5 x 3 inch (22 x 13 x 8 cm) loaf pan.
- Spread ketchup over top of loaf.
- Bake at 350° F (180° C) 1 to 1 ½ hours until no pink remains.
- Remove from oven and let stand 5 minutes.
- Remove from pan, place on platter to serve.

Yield: 8 servings
Serving Size: 1 slice

Single Serving Nutrient Values

Calories	375
Protein	27.6 g
Carbohydrates	15.5 g
Fiber	2.9 g
Fat	22.3 g
Saturates	7.2 g
Monounsaturates	8.5 g
Polyunsaturates	3.9 g
Cholesterol	104.2 mg
Folate	59 mcg
Potassium	598 mg
Sodium	258 mg